

# all you

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ISSUE 11, NOVEMBER 2015

easy & delicious  
**FAMILY**  
**MEALS**

24 Dishes  
EVERYONE  
Will LOVE

STAY  
HEALTHY  
ALL  
WINTER  
P. 35

Make-Ahead  
Thanksgiving  
**PLUS**

Fall  
Treats  
and  
Pies

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THIS WREATH  
OUT OF  
SUGAR  
COOKIES!

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# all you NOVEMBER 2015 CONTENTS



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BUILD UP YOUR IMMUNE SYSTEM



# EXCLUSIVE WAYS TO SAVE

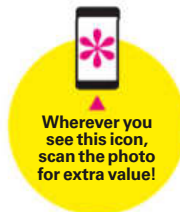
## 1 IN PRINT

Scan for bargains on products and recipe ingredients. Use your smartphone to scan product photos on specially marked pages to purchase items you like. You also can scan recipe photos, then organize menus, create a shopping list and find nearby bargains on ingredients. Here's how to do it:

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**IF YOU'VE SCANNED A PRODUCT PHOTO,** your browser will open to a page where you can comparison-shop, buy an item or sign up to receive price-drop alerts.

**IF YOU'VE SCANNED A RECIPE PHOTO,** your browser will open to our sister site myrecipes.com. Save the recipe to your MyRecipes account, then make menus, shopping lists and more. Don't have an account? Sign up on the spot.



## 2 ON MOBILE

Do you read All You on an Android device, an iPad or iPhone or a Kindle Fire? With our Shop Now service, you can buy featured products, compare prices or sign up for price-drop alerts. Just connect to the Web, then tap the pink bar at the top of the screen.

**\* TAP HERE TO SHOP!**



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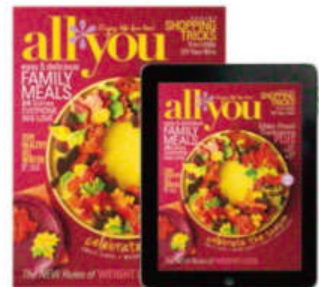
### FIND OUR COVER STORIES



### AUTUMN SPLENDOR

Great for a fall get-together, our cookie wreath sure looks impressive! But making your own at home is not very difficult. We developed a simple technique for coloring and marbling the dough. Turn to page 10 for the Marbled Sugar Cookies recipe.

COVER PHOTO: KATT TEUTSCH. FOOD STYLING: LIZA JERNOW. PROP STYLING: JERRIE JOY FOR PAT BATES AND ASSOCIATES



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November 2015. All You (ISSN 1550-6924) is published monthly by Time Inc. Principal Office: Time & Life Building, Rockefeller Center, New York, NY 10020-1393. Periodicals postage paid at New York, N.Y., and at additional mailing offices. U.S. subscriptions: \$26.98 for one year.

POSTMASTER: Send address changes to All You, PO Box 62580, Tampa, FL 33662-5808. Canada Post Publications Mail Agreement No. 40110178. Return undeliverable Canada addresses to: Postal Stn. A, PO Box 4323, Toronto, ON, M5W 3H1. GST #888381621RT0001. Your bank may provide updates to the card information we have on file. You may opt out of this service at any time.

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# Salty Sweet & FUN TO EAT

## BITE-SIZED SALTED CARAMEL CHEESECAKES

Prep Time: 20 min. | Total Time: 3 hours 5 min. (incl. refrigerating) | Makes: 24 servings

### WHAT YOU NEED

- 1/2 cup graham cracker crumbs
- 1 Tbsp. brown sugar
- 3/4 tsp. kosher salt, divided
- 2 Tbsp. butter, melted
- 1-1/2 pkgs. (8 oz. each) PHILADELPHIA Cream Cheese (12 oz.), softened
- 1/2 cup granulated sugar
- 1 egg
- 12 KRAFT Caramels
- 1 Tbsp. milk

### MAKE IT

**HEAT** oven to 325°F.

**MIX** graham crumbs, brown sugar, 1/4 tsp. salt and butter; press into bottoms of 24 paper-lined mini muffin cups.

**BEAT** cream cheese and granulated sugar in large bowl with mixer until blended. Add egg; beat just until blended. Spoon into muffin cups, adding about 1 Tbsp. to each.

**BAKE** 15 min. or until centers of cheesecakes are almost set. Cool completely. Refrigerate 1 hour.

**PLACE** caramels in small heatproof bowl. Add milk and 1/4 tsp. of the remaining salt. Place over pan of boiling water, making sure boiling water does not touch bottom of bowl. Cook until caramels are completely melted and mixture is well blended, stirring frequently.

**DRIZZLE** about 1 tsp. caramel sauce over each cheesecake; sprinkle with remaining salt. Refrigerate 1 hour.

THE HOLIDAYS ARE *Made* WITH







## from the *EDITOR*

Right about this time each year, as the days grow ever colder and shorter, the task of getting dinner on the table starts to feel like a real chore. The planning, the shopping, the cooking—it can seem a bit dreary on busy fall weeknights. But then come the holidays, when spending time in the kitchen suddenly becomes less of a duty and more of a pleasure. That's when my daughter and I set aside a day or two to bake together. And both the lovely cookie wreath on page 10 and the adorable critter cookies on page 44 look like great projects for us. As for Thanksgiving dinner, although the prospect of hosting one can be daunting, the make-ahead recipes we showcase on page 46 are designed to lessen the stress. I look forward to relishing the cooking as much as the serving.

Of course, weekday dinners don't have to be difficult, either. This month we feature quick recipes from our readers on page 62, all for \$10 or less. As always, you inspire me to find creative ways to enjoy each and every day.

Clare McHugh, editor  
clare@allyou.com

## THANKS TO ALL THE READERS WHO HELPED CREATE THIS ISSUE

**Jennifer Barnhart, 44,**  
CHAMPAIGN, ILL.

**Jodi Braun, 50,**  
READING, PA.

**Susan Cornett, 33,**  
LIVERMORE, CALIF.

**Lianne Hansen, 30,**  
HOBOKEN, N.J.

**Davida Hogan, 39,**  
SUMMIT, N.J.

**Kim Hollein, 41,**  
MOORESVILLE, N.C.

**Dorothy Kern, 38,**  
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**Lynsee Kessler, 30,**  
BENNETT, COLO.

**Karma Lewis, 44,**  
CALDWELL, IDAHO

**Vicki Neulinger, 34,**  
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CHULA VISTA, CA.

**Mary Jo Pane, 62,**  
NEW YORK CITY

**Michelle Stewart, 61,**  
HELENA, MONT.

**Foua Vang, 27,**  
ST. PAUL, MINN.

**Mary Wisniewski, 60,**  
WILLIAMSVILLE, N.Y.

**Michele Ziemann, 47,**  
UNADILLA, NEB.



*Lianne suggests  
a commonsense  
dieting strategy.*  
**PAGE 33**



*Davida's idea for a  
strong password is  
a joke—literally.*  
**PAGE 99**



*Check out  
Dorothy's take on  
our chess pie.*  
**PAGE 6**



*Comforted by her  
Yorkie, this soldier's  
wife endured.*  
**PAGE 85**



*Foua's recipe adds  
cranberries to  
Brussels sprouts!*  
**PAGE 66**



*Mary recommends  
Erik Larson's  
Lusitania book.*  
**PAGE 16**



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Visit [allyou.com/newsletter](http://allyou.com/newsletter) to sign up for our Money-Saving Recipes e-mail newsletter. You'll get enticing (and doable) Thanksgiving recipes, plus money-saving coupons and more ideas for holiday dishes than you can shake an evergreen stick at.





From last November's issue



Find the recipe at [allyou.com/chess-pie](http://allyou.com/chess-pie), or get it by scanning the photo at left. (See page 2.)

# 'I made it!'

## CHOCOLATE CHESS PIE

### 'MY REVIEW'

"I'm always on the lookout for great pie recipes, and the chocolate chess paired with a graham cracker crust really enticed me to try this one. It tasted just like a melted brownie!"

### 'MY TWEAK'

"I added mini peanut butter cups to the bottom, then placed one on each slice atop a dollop of chocolate whipped cream. They made the dish even more amazing!"

### 'MY TIP'

"The crust is thick—which is perfect for me. But when you add the filling to a 9-inch pie plate, it will look like it might overflow. I promise you it will fit!"

*"My family loved this pie! I made it when my parents were visiting, and it disappeared very fast. If I were to make it again, I'd use cinnamon graham crackers for the crust instead to see what the new flavor combo would be like."*

Dorothy Kern, 38, Rocklin, Calif.  
[crazyforcrust.com](http://crazyforcrust.com)



### QUESTION HOW DID YOU QUIT SODA FOR GOOD?

"I gradually switched from dark-colored soft drinks to clear soft drinks, and then to grape juice, which had the tang I craved. Eventually I weaned myself off that, too."

—Jennifer Barnhart, 44, Champaign, Ill.

"I quit cold turkey over a year ago by replacing soda with unsweetened, flavored sparkling water, and sometimes an unsweetened iced tea."

—Kim Hollein, 41, Mooresville, N.C.



### QUICK SNACK

"These Pumpkin Krispies Treats are fun to make."

Just prepare your basic Rice Krispies treat recipe, add orange food coloring and shape into balls. Then, press a Tootsie Roll into the top for a stem."

—Jen Nikolaus, [yummyhealthyeasy.com](http://yummyhealthyeasy.com)



### GRAVY-SAVER

Thicken a sauce or gravy in a hurry with a slurry. In a jar, mix 1 Tbsp. cornstarch or 2 Tbsp. flour with ½ cup water. Shake until mixture is smooth. Add it to the gravy and cook for a few minutes.



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CONVERSATION



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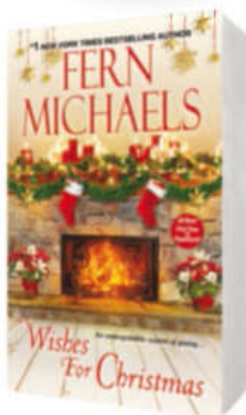


# SEASON'S READINGS!

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last!

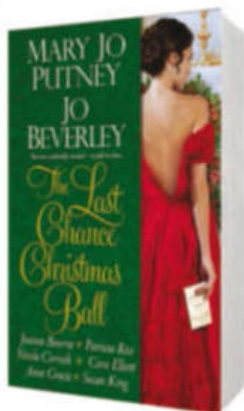
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## Wishes for Christmas

By Fern Michaels

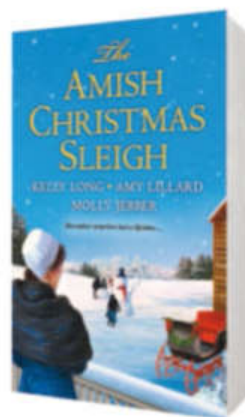
An all-new holiday collection of novellas from #1 New York Times bestselling author Fern Michaels featuring her beloved Sisterhood and Godmother characters together for the first time!



## The Last Chance Christmas Ball

By Mary Jo Putney, Jo Beverley, Joanna Bourne, Patricia Rice, Nicola Cornick, Cara Elliott, Anne Gracie and Susan King

This star-studded Regency anthology is overflowing with Christmas delight that's as enchanting as a moonlit sleigh ride through the snow.



## The Amish Christmas Sleigh

By Kelly Long, Molly Jebber and Amy Lillard

Don't miss this charming Amish Christmas collection filled with their fascinating holiday traditions and their deep faith that guides them throughout the year.



## A Texas Hill Country Christmas

By William W. Johnstone with J.A. Johnstone

The Jensen family is in for a Christmas they'll never forget in this special yuletide adventure from America's favorite Western storytellers, perfect for historical romance readers.

## The Christmas Cradle

By Charlotte Hubbard

Christmas comes to the small Amish community of Willow Ridge, bringing a very special miracle, along with the simple pleasures of hearth and home during the most magical time of the year.



## Long, Tall Christmas

By Janet Dailey

A heartwarming holiday story of a widowed mom determined to give her kids a perfect Christmas, and the handsome rancher next door who wants to make her Christmas wishes come true.

For more stocking stuffers  
and holiday reads, visit  
[www.KensingtonBooks.com](http://www.KensingtonBooks.com)



## All Wrapped Up

By Kimberly Kincaid

Christmas in Pine Mountain heats up when Ava, Brennan's former flame returns...will a little holiday magic give them a second chance at love?

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Time to get cozy!

# All About Autumn

## CUT IT OUT

We used leaf cookie cutters on the apple slices, but any shape will do (think: school mascots, hearts, stars, even letters).

Celebrate the season with delicious warm drinks, a stylish DIY centerpiece and seriously impressive sugar cookies that are actually—shh!—a breeze to make at home

## FESTIVE APPLE CIDER

Few things say fall quite like a steaming-hot mug of cider. Preparing drinks for a crowd? Take the presentation up a notch with this quick, simple idea: Thinly slice an apple crosswise, right through the core. Lay the slices flat and use a cookie cutter to cut a shape from the center of each piece. Float the slices on warm cider in mugs, then serve.





SCAN  
THE DISH  
TO SAVE THE  
RECIPE AND  
SHOP FOR  
INGREDIENTS.  
See page 2.

This recipe reflects the wreath on our cover. To make this ombré version, double the recipe and arrange cookies by color.

## MARBLED SUGAR COOKIES

**COST PER SERVING** 23¢ / **HANDS-ON** 1 hr. / **TOTAL** 2 hr. 15 min.  
**YIELDS** about 20 large (or 40 small) cookies

- 1 cup (2 sticks) unsalted butter, softened
- ½ cup sugar
- 1 large egg yolk
- 1 tsp. vanilla extract
- 2¼ cups all-purpose flour
- ¼ tsp. salt
- Red, orange, yellow, green and brown gel food coloring

1 In a large bowl, using an electric mixer on medium-high, cream butter and sugar until fluffy. Add yolk and vanilla, then beat until incorporated. Add flour and salt; mix on low speed until dough forms a ball.

2 Divide dough into

5 balls. On a lightly floured piece of parchment, add a few drops of food coloring to 1 dough ball. Knead until color is evenly distributed. Repeat on fresh parchment with remaining dough and colors.

3 Divide each dough ball in half. Combine each half with another color, pressing halves together. Tear a 2-color dough ball into pieces, and press back together several times (to create marbled effect). Repeat with remaining 2-color dough balls. Press each marbled ball into a disk, wrap in plastic and refrigerate until firm, about 30 minutes.

4 Preheat oven to 375°F. Line a baking sheet with parchment.

Remove 1 dough disk from refrigerator. On a well-floured surface, roll dough to ⅛-inch thickness. Cut with leaf-shape cutter. Place cookies 1 inch apart on baking sheet. Use dull side of a paring knife to press veins onto leaves. Wrap and refrigerate scraps.

5 Bake cookies until firm, 8 to 12 minutes. Slide entire parchment sheet with cookies onto a wire rack; allow to cool completely. Repeat with remaining dough and chilled scraps, using fresh parchment and combining scraps to create multicolored leaves.

**PER SERVING (1 LARGE COOKIE)**  
156 Cal., 10g Fat (6g Sat.), 34mg Chol., 0g Fiber, 2g Pro., 16g Carb., 31mg Sod.



### Four easy decorating ideas

- 1 Gather a group of miniature PUMPKINS and other GOURDS in a large glass bowl or cloche.
- 2 Collect PINECONES from your yard or a park and corral them in large mason jars on the mantel or an entryway table.
- 3 For fragrant, elegant place cards, take a few sprigs of ROSEMARY and curl the herb into a small wreath, securing it with twine or ribbon; attach a label to each.
- 4 Snip off a few tree branches with colorful LEAVES attached. Arrange them in a vase, just like flowers.





## BUTTERNUT SQUASH CENTERPIECE

**SLICE** the bottom (the bulbous end) of the squash so that it will stand straight on a flat surface. **SLICE OFF** the top. Use a knife to **CUT** a circle into the squash's flesh, then use an iced-tea spoon or similar long-handle tool to **SCOOP OUT** the flesh. To keep the flowers fresh, **CUT** a piece of florist's foam so that it fits into the squash's cavity. **SOAK** the foam in water before placing it inside the squash. Or, find a vessel small enough to fit inside the cavity and fill that with water (try a cylindrical vase or an empty spice jar).



### FILL 'ER UP

Trim the stems of fall flowers (in deep reds, orange-yellows and dark pinks) to create compact floral arrangements.

## TOP IT OFF

Garnish these delightful drinks with a dash of pumpkin pie spice atop the whipped cream.



SCAN  
THE DISH  
TO SAVE THE  
RECIPE AND  
SHOP FOR  
INGREDIENTS.  
See page 2.

## PUMPKIN STEAMERS

**COST PER SERVING** 95¢ / **HANDS-ON** 5 min.  
**TOTAL** 10 min. / **SERVES** 2

- 1/4 cup heavy cream
- 1 tsp. sugar
- 1 cinnamon-apple herbal tea bag
- 1 cup half-and-half
- 1/2 cup canned pumpkin puree
- 3 Tbsp. packed light brown sugar
- 2 tsp. pumpkin pie spice

- 1 Bring a small pot of water to a boil. In a medium bowl, using an electric mixer on high, whip cream with sugar until soft peaks form.
- 2 In a heatproof cup, pour 1 cup boiling water over tea bag. Steep for 3 minutes; discard bag.
- 3 In a large measuring cup, mix half-and-half, pumpkin, brown sugar and pumpkin pie spice. Microwave on high until hot, about 2 minutes. Whisk in tea. Pour into mugs and top with whipped cream.

**PER SERVING** 374 Cal., 25g Fat (16g Sat.), 86mg Chol., 2g Fiber, 5g Pro., 35g Carb., 71mg Sod.



# family pizza night

What's better than a delicious, fresh pizza that's dripping with cheese? One you make yourself!

Use the very best ingredients—and have hands-on fun—by preparing your own pizza crust.

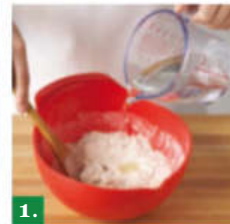
With **FLEISCHMANN'S® RAPIDRISE™ YEAST**, your dough is easy to make and ready in just 30 minutes.

**HOMEMADE  
PIZZA  
IN 30!**

## 30-MINUTE PIZZA CRUST

### YOU WILL NEED:

- 1½ to 2½ cups flour
- 1 packet Fleischmann's® RapidRise™ Yeast
- 1½ tsp sugar
- ¾ tsp salt
- ¾ cup very warm water (120°F to 130°F)
- 3 tbsp oil
- ½ to 1 cup pizza sauce
- 1 to 2 cups shredded mozzarella cheese
- Other toppings as desired



**PREHEAT** oven to 425° to get started!

**1. COMBINE** 1 cup flour, 1 packet Fleischmann's® RapidRise™ Yeast, 1½ tsp sugar, and ¾ tsp salt in a large bowl. **ADD** ¾ cup very warm water (120° to 130°F, use a thermometer) and 3 tbsp oil. **MIX** ingredients together until well blended. **GRADUALLY ADD** ½ cup flour until dough forms a ball. **ADD** additional flour, if needed, to handle. **SPOON** dough onto floured surface. (Dough will be slightly sticky.)

**2. KNEAD** dough until it is smooth and elastic; about 4 minutes. **COVER** with kitchen towel and let rest for 10 minutes.

**3. ROLL** out dough. **PRESS** dough into a greased pizza pan. Top with pizza sauce, cheese and toppings.

**4. BAKE** on the lowest rack for 12 to 15 minutes, until the crust browns.

**TOP THIS!** Let kids create their own pizzas using fresh and colorful vegetables from a healthy toppings bar.



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SCAN THE  
PEANUTS  
PHOTO  
TO BUY THE  
PRODUCTS  
ON THIS  
PAGE.  
See page 2.

# yourtime

## 5 Things to Do This Month

# 1

**TRY IT!  
RELAXING  
ESSENTIAL OILS**  
Stressful day? This Let  
There Be Peace and  
Quiet kit contains four  
varieties of calming  
oils: eucalyptus,  
lavender, peppermint  
and Peaceful Sleep.  
Find the blend that  
works best for you.  
**Now Solutions kit,  
\$23 for 4 10-milliliter  
bottles;  
nowfoods.com.**



**Snoopy,  
Charlie Brown  
and friends**



# 2

**SEE IT!  
THE PEANUTS MOVIE**  
Thirty-five years have passed since the  
last Peanuts movie was released, but the  
gang hasn't changed much. Adorably  
long-suffering Charlie Brown is on a  
quest to meet his new neighbor, the Little  
Red-Haired Girl. And Snoopy is, in his  
mind, still fighting the Red Baron. All  
the beloved Peanuts characters make an  
appearance. Opens Nov. 6. (PG)

# 3

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home facial treatment  
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This hydrating sheet  
mask comes in six  
formulations for  
different skin needs,  
including brightening,  
refreshing and  
repairing.  
**Sheet mask, \$7;  
maskeraide.us.**



**Lawson  
and Lynch**

# 5

**WATCH IT!  
ANGEL FROM HELL**

In this CBS comedy, oddball Amy (Jane Lynch)  
claims to be an honest-to-goodness guardian  
angel who wants only the best for Allison (Maggie  
Lawson), a general practitioner and perfectionist.  
Allison, on the other hand, thinks Amy is a nutcase...until  
Amy's predictions start coming true. Premieres Nov. 5.

# 4

**SEE IT!  
ROCK THE  
KASBAH**

Bill Murray stars as  
Richie, a has-been  
rock manager who takes his sole,  
unhappy client (Zoëy Deschanel)  
on a USO tour of Afghanistan,  
where she ditches him, leaving  
him with no money or passport.  
Richie then meets a young teen  
with a money-making voice and  
devotes himself to making her  
a star on an Afghan version of  
*American Idol*. Opens Oct. 23.  
(Not yet rated.)



**Murray**





# Unwind with a book

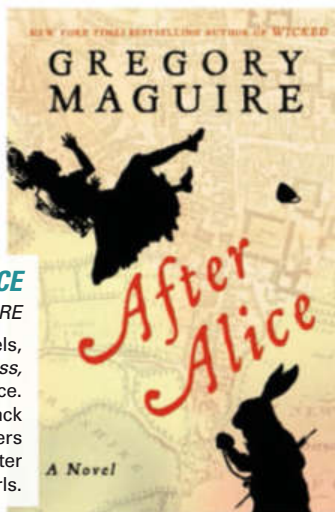
Curl up with one of these handpicked fall reads.

## AFTER ALICE

BY GREGORY MAGUIRE

The author of *Wicked* riffs on Lewis Carroll's classic novels, *Alice's Adventures in Wonderland* and *Through the Looking-Glass*, telling the story of Ada, who sets out to find her best friend, Alice.

Maguire weaves an enchanting tale for adults, moving back and forth between Wonderland and its many curious characters as experienced by Ada, and the "real world," where Alice's sister and Ada's governess search for the missing girls.

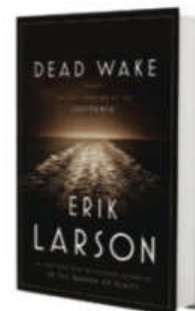


## DEAD WAKE: THE LAST CROSSING OF THE LUSITANIA

BY ERIK LARSON

*"I've been a reader all my life but never thought I would enjoy reading historical nonfiction. Larson's style in telling the story of this famous passenger ship sunk by a German U-boat is distinctively engaging and reads just like a novel. While you know the outcome, I felt like I was reading a cat-and-mouse thriller. Larson moves back and forth between all the players in the lead-up to one of the tragic events that would eventually help pull the U.S. into WWI. Educational and a good read at the same time!"*

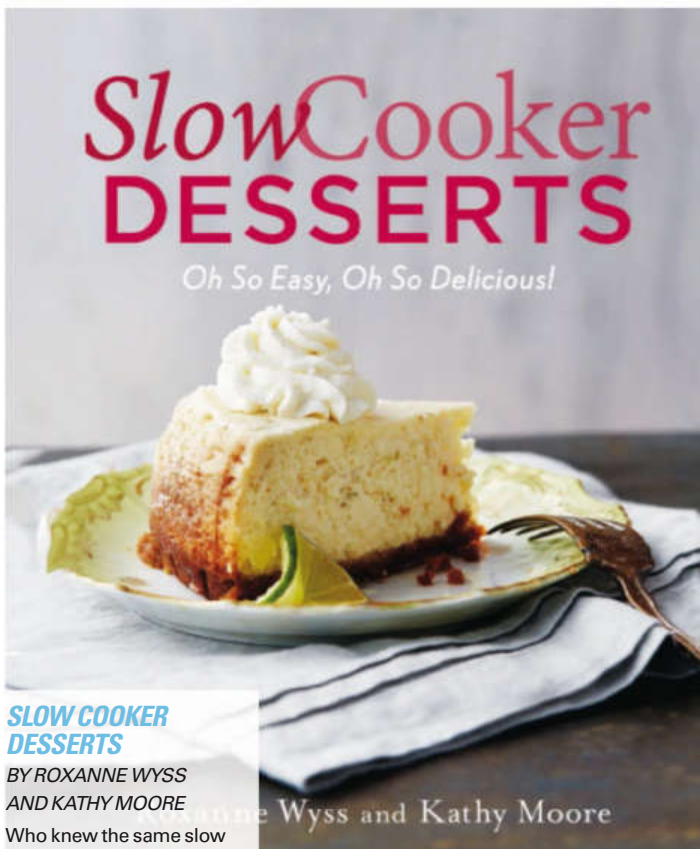
—Mary Wisniewski, 60,  
Williamsville, N.Y.



## SOUNDS LIKE ME: MY LIFE (SO FAR) IN SONG

BY SARA BAREILLES

Five-time Grammy nominee Bareilles reveals the inspiration behind some of her most popular songs in this candid collection of essays. She shares her experiences breaking into the music business, from performing musical theater in high school to writing songs for an upcoming Broadway adaptation of the 2007 movie *Waitress*. Even if you're not familiar with her music, her stories of heartache, resilience and fighting to stay true to herself are sure to strike a chord.



## SLOW COOKER DESSERTS

BY ROXANNE WYSS  
AND KATHY MOORE

Who knew the same slow cooker that you count on for stews, soups and other main dishes also can deliver easy-peasy scrumptious desserts? Find recipes for cheesecakes, puddings, fruit crisps and cobblers, fondue and even chocolate cake in this thorough guide. There are 55 recipes in all, with plenty of photos to inspire you. The book makes a great hostess gift, too.

## THE MOUNTAIN STORY

BY LORI LANSSENS

A teen named Wolf sets off to kill himself in the mountains, but his plans are thwarted when he meets three women and tries to guide them through the perilous wilderness. Told in the form of a flashback to Wolf's son 18 years later, this flint-tough tale of survival, steeped in gut-grIPPING suspense, leads to a satisfying and surprising conclusion.







## # haveKINDLEwillTRAVEL

@OUOPENROAD, PATAGONIA | Amazon asked us to take the Kindle Paperwhite on the road. We stopped outside Torres Del Paine National Park to let the girls explore, while I downloaded *Lonely Planet South America* and planned our next move.

Follow more journeys on Instagram @AMAZONKINDLE



kindle

amazon

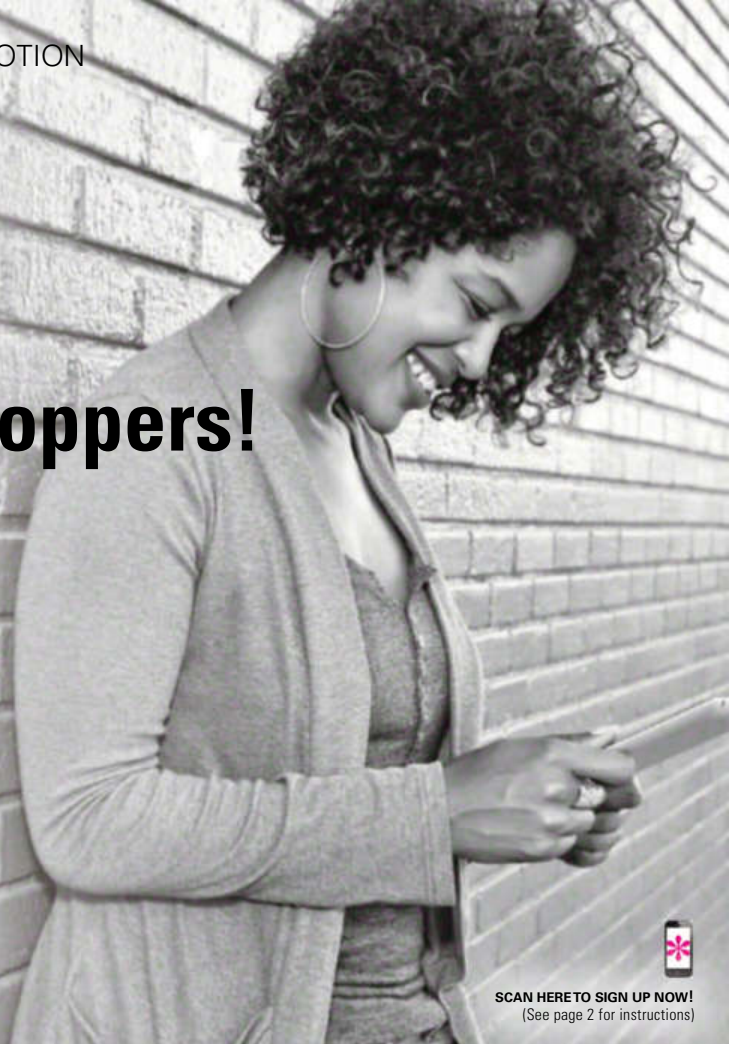




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## DRESS YOUR BEST

*After 40 (and Beyond!)*

Don't let a few birthdays leave you feeling less than stylish. Look more youthful with these tips

### 1 PUMP UP THE COLOR.

Young skin has a natural flush that fades over the years, and black clothing only exacerbates the problem. If you're not ready to trade your noir wardrobe for something bolder, add some color around your face with a bright statement necklace.



Statement necklace, \$30; at T.J.Maxx.

### 2 FIND YOUR CELEBRITY TWIN.

Search magazines and websites for someone in the public eye who is close in age to you, with a similar shape and coloring, and whose style you admire. Shop for budget-friendly pieces similar to ones she wears.



Faux-fur vest, Jennifer Lopez, \$88, sizes XS-XL; kohls.com.

### 3 MAKE FRIENDS WITH TRENDS.

Adding one or two trendy pieces to your wardrobe can prevent it from looking dated and shows you're still with it. Careful with retro looks: They can be tricky to pull off the second time around. For ideas on how to get it right, visit blogs such as 40plusstyle.com and notdressedaslamb.com.

### 4 SHOW OFF YOUR BEST FEATURES.

Just because you're not 20 anymore doesn't mean you need to hide in a caftan. The legs go last, as the adage goes, so consider putting yours on display in short-ish skirt. Choose one that's 1 to 2 inches above the knee. If you prefer more coverage, add opaque tights to the mix.



Skirt, \$30, sizes 2-14; hm.com.

### 5 PAY ATTENTION TO FABRIC.

Invest in well-made silk jersey, wool and even synthetic garments—they're more likely to flatter your figure than ones made of cheaper materials. And a slip or camisole can improve how a garment hangs, letting you wear sheer or low-cut clothes without embarrassment.

"Add playful elements to an outfit—like fur-trimmed boots or a polka-dot print—to keep it looking fresh."

—Catherine Summers, creator of the fashion blog Not Dressed as Lamb

SCAN THIS PHOTO TO BUY THE PRODUCTS ON THIS PAGE. See page 2.

'HOW I STAY STYLISH' "I DRESS ACCORDING TO MY MOOD, NOT MY AGE. MY SKIRTS MIGHT BE A PINCH LONGER, BUT I'M NEVER GIVING UP MY SKINNY JEANS." —Mary Jo Pane, 62, New York City



# ERASE YEARS OFF YOUR *FACE*

The right skin-care strategy, a little deftly placed blush and a few tweaks to your diet can make you look like you found the fountain of youth. Here's how to fool Father Time

*By Holly Dawsey*

## 40s

THE YEARS WHEN MAJOR SKIN AGING TYPICALLY BEGINS TO SHOW, THANKS TO A COMBINATION OF PAST SUN DAMAGE AND HORMONAL CHANGES



IT WASN'T SO LONG AGO THAT YOUR SKIN SEEMED TO BOUNCE BACK LIKE A YO-YO FROM ANYTHING LIFE THREW YOUR WAY. RIGHT? NOW THOSE LINES YOU ONCE SAW ONLY WHEN YOU SMILED OR GRIMACED ARE BECOMING PERMANENTLY ETCHED. NOT TO MENTION ALL THOSE DARK SPOTS! YOU CAN'T STOP THE CLOCK, BUT THERE'S NO NEED TO PANIC. FIGHT BACK WITH THESE AGE-DEFYING STRATEGIES, WHICH CAN MAKE YOU LOOK YOUNGER AND FRESHER THAN EVER.

## 1 UPGRADE YOUR SKIN-CARE ROUTINE

Let this targeted regimen undo damage from earlier years as it improves your skin going forward.

### EXFOLIATE REGULARLY

As we get older, our natural cell turnover slows down, creating a duller, more lackluster complexion. Bring your brightest skin to the surface by gently sloughing off dead cells daily. Don't fear grainy scrubs—just look for one with refined microgranules (such as cornmeal or walnut shell) or hydrating jojoba beads that burst on contact.

**EDITORS' PICK:** ① Sonia Kashuk Resurface Gentle exfoliating wash, \$15; at Target.

### PROTECT WITH ANTIOXIDANTS

Twice a day to-do: Apply a serum that's loaded with antioxidants such as green tea and vitamins C and E. Dermatologists say vitamin C, in particular, helps to fight off free radicals, the villains responsible for collagen loss and dark spots. Plus, the vitamin brightens skin over time.

**EDITORS' PICK:** ② Yes to Blueberries Intensive Skin Repair serum, \$20; at Target.

### GET SERIOUS ABOUT SUN PROTECTION

You probably spend more time in the sun than you realize—commuting to work, playing with your kids, exercising and running errands—and all those rays are the No. 1 ager. Step up your sun-protective strategy by wearing sunscreen, SPF 30 or higher, every time you go outside. Or simply incorporate sunscreen into something you already wear, such as day cream.

**EDITORS' PICK:** ③ Nuance Salma Hayek Age Affirm Firming day cream, SPF 30, \$22; at CVS.

### BOOST COLLAGEN

Your skin's BFF is retinol, the only ingredient proven to reduce the breakdown of collagen—which gives skin firmness and elasticity—and stimulate the production of new collagen. Apply a pea-size amount of an over-the-counter retinol product every night before bed to counteract sagging, lessen the look of wrinkles and dial down discoloration. If your skin is sensitive or easily irritated, opt for a product packed with plumping peptides instead.

**EDITORS' PICK:** ④ Skincare L de L Cosmetics Retinol Anti-Aging facial oil, \$26; at Ulta.



## 2 MASTER YOUR MAKEUP

Who needs expensive cosmetics when these well-priced ones can do the trick?

### SPOT CORRECT

Waxy concealers (often found in pots or sticks) can seep into lines and emphasize crepey skin. Choose a liquid formula that's loaded with pigment to conceal dark circles and spots without drawing attention to uneven texture. To apply, pat it over imperfections with your finger until it melts into skin.

**EDITORS' PICK:** ⑤ Maybelline SuperStay Better Skin Concealer and Corrector, \$9; at mass retailers.

### SKIP HEAVY FOUNDATION

When it comes to foundation, you might be tempted to lay it on thick. ➔



But don't do that. If you feel uncomfortable without the extra coverage, try a tinted mineral powder. A light dusting will even out skin tone and blur blemishes, yet you'll look like you having nothing on.

**EDITORS' PICK:** ⑥ Pür Minerals 4-in-1 Pressed Mineral makeup foundation, SPF 15, \$28; at Ulta.

### PLUMP UP YOUR CHEEKS

Feel like your cheeks look deflated? You're probably not imagining things—it's due to a loss of supple fat layers beneath your skin. Fake plumpness with a cream blush in a vibrant shade of pink. To create the illusion of lift, blend along the highest points of your cheekbones.

**EDITORS' PICK:** ⑦ Flower Kiss Me Twice Lip and Cheek Chubby in Can't Re-Fuchsia, \$10; at Walmart.

### USE THE RIGHT LIP COLORS

Stick with shades that enhance the natural tone of your lips, such as pale pink or rose, so you don't draw attention to a now-thinner pout. Trace color along the perimeter of your mouth, then fill in the center and blot excess pigment. Top it off with a dab of clear gloss to keep lips looking full and hydrated.

**EDITORS' PICK:** ⑧ Wet 'n' Wild Megalast liquid lip color in Rose to the Occasion, \$3; at mass retailers.

### SUBTLY CONTOUR EYELIDS

Creating a shadow right above the crease helps lift the eye area. First apply a neutral shade (think: taupe or champagne) all over the lid. Then blend a deeper shadow, such as brown or slate gray, above the crease from outer to inner corner. Finish by sweeping a pearly highlighter along the brow bone to draw the eye upward.

**EDITORS' PICK:** ⑨ Jane Iredale Mystikol eye shadow, \$20; janeiredale.com.

### PLAY UP YOUR BROWS

Full, well-groomed eyebrows define facial features and create a more youthful appearance. If yours are starting to thin, try a brow pencil the color of your hair's roots. Brush brows up and over, then fill in sparse spots with short strokes for realistic results. Brush again to blend them.

**EDITORS' PICK:** ⑩ L'Oréal Brow Stylist Designer eyebrow pencil, \$8; lorealparisusa.com.

Sources: Francesca Fusco, MD, assistant clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai in New York City; and Mona Gohara, MD, associate clinical professor of dermatology at Yale University



# 3 SNACK SMARTER

What you eat—and drink—can either sabotage skin or help keep it supple. Follow these tips to a prettier you.

### LAY OFF THE SALT

Eat too much and your body sucks the moisture out of your skin in order to retain water, robbing it of its dewy appearance and causing swelling of the face and eye area.

### KICK YOUR SWEET TOOTH

Sugary snacks and drinks (including cocktails!) cause the blood's glucose level to spike—which might lead to weakened collagen and could trigger adult acne.

### MUNCH ON FRUITS FULL OF VITAMIN C

A study published in *The American Journal of Clinical Nutrition* found that higher vitamin C intake lessened the look of dryness and wrinkles in middle-age women.

### LOAD UP ON WATER

Dehydration takes a toll on your skin. Start your morning with a tall glass of water and aim for seven more throughout the day.

### FILL UP ON LEAFY GREENS

The vitamin K found in kale and in flavorful sprouts promotes healthy blood clotting, so the blood vessels around the eyes are less likely to leak and cause dark circles.

### INCLUDE GOOD FATS IN YOUR DIET

Consuming olive oil, avocados and walnuts—foods high in monounsaturated fats—can help soothe inflammation and ward off wrinkles, a recent study found.





# KEEP BEING HER FAVORITE PLAYMATE

Just because your bladder is changing doesn't mean you have to. TENA® InstaDRI™ pads have unique super-absorbent technology that lock in moisture and odor. **TENA LETS YOU BE YOU.**



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Peacoat, \$60, sizes XS-4X; oldnavy.com.



CATHERINE ZETA-JONES



Luxe peacoat, \$169 (sizes 4-18 and petite sizes 2-16) or \$189 (tall sizes 4-16 and plus sizes 16W-26W); landsend.com.



Peacoat, Croft and Barrow, \$160, sizes S-XL; kohls.com.

## Budget-Friendly Coats for Every Body Type

These winter wonders let you bundle up in style without burning right through your bank account



SARAH SILVERMAN



Classic peacoat, \$199 (sizes 4-20 and petite sizes 4-20) or \$209 (plus sizes 1X-3X); llbean.com.

### Peacoats

**BEST FOR**  
*boyish shapes*

Fresh colors and patterns breathe new life into this classic winter topper. Try one with princess seams to create the illusion of curves. The three-quarter length pairs well with skinny pants and boots or with pencil skirts.



Classic peacoat, \$100 (sizes 4-18, 2P-16P and 6T-18T) or \$110 (sizes 16W-24W); chadwicks.com.



SCAN  
THE RED COAT  
TO BUY THE  
PRODUCTS  
ON THESE  
PAGES.  
See page 2.



Peacoat, Faded Glory, \$40 (sizes XS-XL) or \$45 (sizes 1X-3X); walmart.com.



TAYLOR SWIFT



Boyfriend jacket, Metaphor, \$120, sizes S-XL; sears.com.

This medium-weight jacket is good for warmer climates.



Nubby textured fabric adds interest to this style.



Belted zip jacket, Covington, \$140, sizes S-XL; sears.com.



Asymmetrical coat with envelope collar, Jessica Simpson Collection, \$170, sizes XS-XL; at Macy's.



Blanket coat, Mossimo Supply Co., \$60, sizes XS-XL; target.com.



Herringbone wrap coat, Fresh, \$30 (sizes S-XXL) or \$32 (sizes 1X-4X); walmart.com.



VANESSA HUGGINS

## Asymmetrical

**BEST FOR**  
*curvy girls*

Inspired by the styling of a motorcycle jacket, this cross-over construction is especially forgiving. Unbelted options offer a chic, cocoonlike look, whereas belted designs help define the waist.



Sherpa-collar moto jacket, A.n.a., \$90, sizes S-XL; jcpennney.com.



Zip coat with faux-fur collar, Metaphor, \$120, sizes S-XL; sears.com.



KIM KARDASHIAN WEST



Zip-collar coat, \$150, sizes XS-XL; tjmaxx.com.





Coat with faux-fur collar, \$80, sizes XS–XL; at Burlington.

Platinum Fit and Flare coat, Dennis Basso, \$160, sizes XXS–3X; qvc.com.



SCAN THE RED COAT TO BUY THE PRODUCTS ON THESE PAGES. See page 2.



Glow My Cover coat, Salt and Pepper Clothing, \$160, sizes S–L; modcloth.com.



DIANNA AGRON



Raglan-sleeve three-quarter coat, \$110, sizes 4–18; chadwicks.com.



CATHERINE, DUCHESS OF CAMBRIDGE

## Single-breasted

**BEST FOR**

*various body types*

This streamlined choice works well on straight and curvy figures alike, and it doesn't add bulk to a fuller bust. Pear-shaped? Opt for an A-line silhouette or one that flares from the waist.



Funnel-neck coat, Worthington, \$220, sizes S–XL; at JCPenney.



Ice Queen coat, \$200 (sizes S–XL) or \$220 (sizes 1X–3X); midnightvelvet.com.

Go glam with faux fur. It's pleasantly light but provides plenty of warmth.



CHRISTINA HENDRICKS



Luxe coat, Ava and Viv, \$80, sizes X–4X; target.com.



Gold-tone buttons and zippers dress up this extra-warm puffer style.



City anorak, \$159, sizes XS-XL; [landsend.com](http://landsend.com).



Parka, \$100 (sizes S-XL and petite sizes S-XL) or \$110 (sizes 1X-3X); at select Burlington



Hooded coat, \$99 (sizes S-XL) or \$110 (sizes 1X-3X); [dressbarn.com](http://dressbarn.com).



Savannah Shimmer coat, \$180, sizes S-XL; [kohls.com](http://kohls.com).



SARAH JESSICA PARKER



Field parka, \$13/NYC, \$200, sizes XS-1X; [hsn.com](http://hsn.com).

**Parkas and Duffles**  
**BEST FOR**  
*hiding a tummy*  
 No longer simply utilitarian, the newest parkas and duffle coats are versatile and sophisticated enough to wear with a variety of outfits. The easy shape is forgiving.



Coat, Attention, \$90, sizes XS-XL; [kmart.com](http://kmart.com).



JULIANNA MARGULIES



OLIVIA PALERMO



Cabin coat, \$199, sizes XS-XL; [lbean.com](http://lbean.com).





**Mirror check?**  
I don't have time for it.

MAYBELLINE.com

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OUR EXPERT  
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## Smart Beauty Advice

Get-gorgeous tips from  
our beauty director

EDITORS'  
PICK

### IT'S ALL A BLUR

Like you, I typically think of smudged lipstick as a bad thing (hot pink or red migrating onto your teeth or chin—so not cute). But this fall, intentionally smudgy lips—darker in the center, faded at the edges—are actually a trend. I was skeptical until I watched a makeup artist create the look on a model. Turns out, it was surprisingly pretty, wearable and easy to do. Just fill in the center of your closed lips with a lip pencil (yep, the opposite of what you usually do with that tool), then smudge the color outward. The new Maybelline Lip Studio Color Blur matte pencils make it a snap, thanks to a creamy, vivid lip color on one end and a cushiony smudger on the other. The effect is a subtle, not-too-polished look that I'm loving.



Maybelline  
Lip Studio  
Color Blur  
matte pencils,  
\$9 each; at  
mass retailers.



SCAN  
THE PENCILS  
TO BUY THEM.  
See page 2.





## Brush up

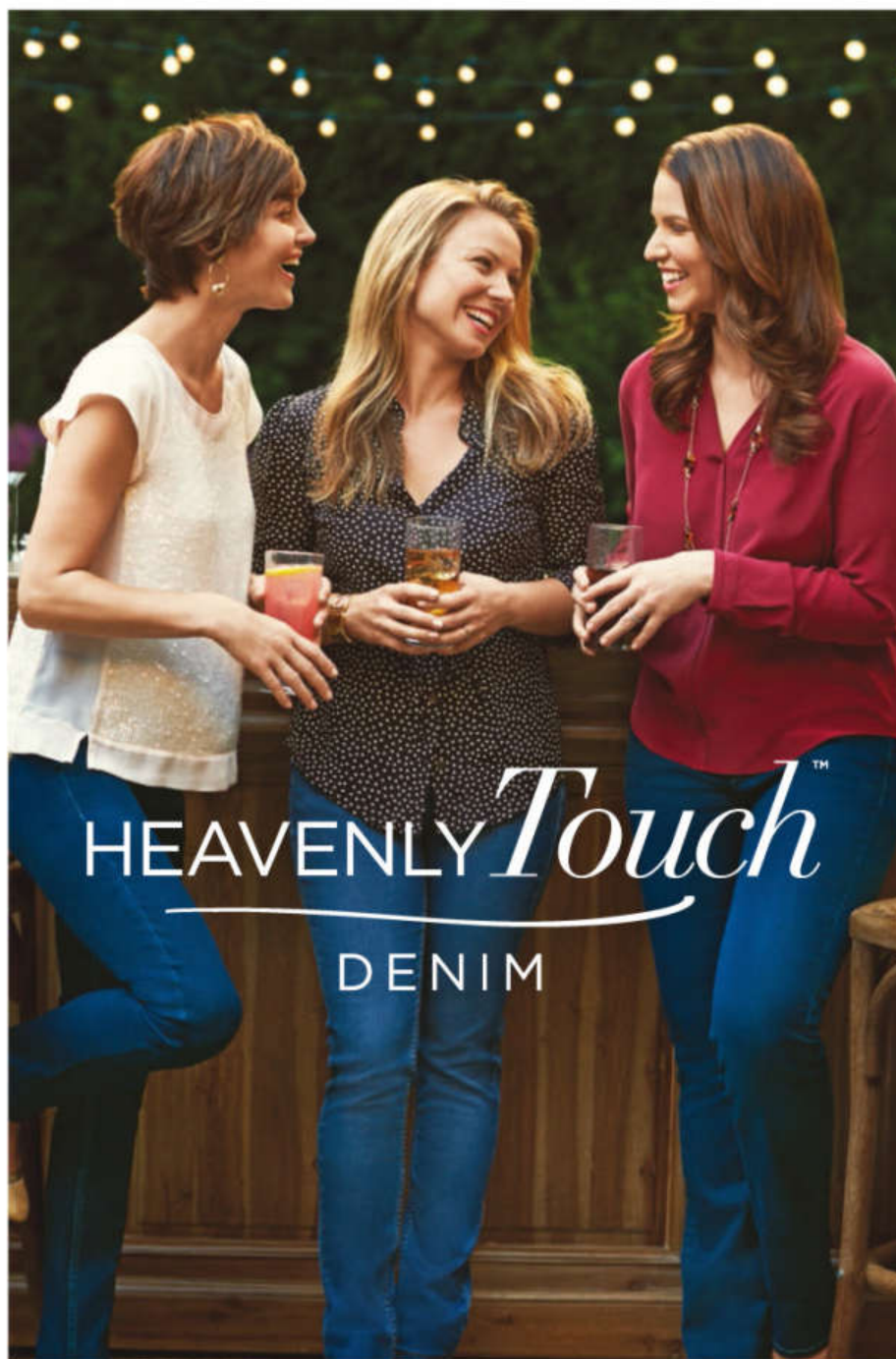
You probably don't brush your hair before you shampoo. I didn't either, until hairstylist Philip B. told me that running a boar-bristle brush through dry strands pre-sudsing was the healthiest thing I could do for my hair. Not only does it prevent wet tangles; it also revs up scalp circulation, loosens dirt and distributes natural oils from roots to dry ends. Before stepping into the shower, bow your head and hold the bristles of the brush against your scalp at the nape of your neck. Wiggle the brush back and forth to help lift any dirt and dandruff, then brush hair down its entire length. Repeat until you've brushed all your hair.

# 17%

THE PERCENTAGE OF PEOPLE WHO SAY BAD BREATH IS A BIGGER TURNOFF THAN NONSTOP TALKING, UNSTYLISH DRESSING OR SHYNESS. Source: DenTek

## Slick fix

A friend told me that, all of a sudden, her typically dry skin was oily. What gives? The truth is, skin freak-outs happen. Among the many potential causes are fluctuating hormones and a moisturizer that's too heavy. If you encounter the same problem, **I suggest switching your skin-care and makeup routines, one product at a time**, to learn what's not working. Use a cream-based cleanser? Swap in a gel formula, which de-slicks skin. Then move on to your moisturizer, trading in your rich lotion for a lighter, oil-free one. It's also wise to opt for a foundation formulated for oily skin. (Note: Long-wear formulas tend to curb shine.) If necessary, you can top that with a light dusting of powder for extra grease control. The silver lining: Those natural oils you're blessed with tend to keep you looking younger.



Comfort never looked so good.





To do ....

- ~~grocery store~~
- take the dog to vet friday
- \* Kids need new uniforms - order!
- ✓ send email to Jess + team
- ☐ Call Heather
- Make-up soccer game - 3:30 Sat.
- \* Flower show Saturday Night
- ↳ Babysitter? Jen?

⇒ call gutter cleaner! Rick G.

After school night - Tuesday 20th @ 6:30 PM

\* Order Shower invites & ~~(call Sharon for guest list)~~

To Dry Cleaners:

- suits
- dress
- coats

→ Lunch duty Schedules  
→ email out by Wednesday



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*The perfectly simple snack  
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200 CALORIES OR LESS



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..... SNACK GOOD. FEEL GOODER. ....



## The Best New Rules For WEIGHT LOSS

Want to shed pounds?  
A revealing study at Tufts  
University in Massachusetts  
has pinpointed what  
really works



### PICK BETTER PROTEIN

Specifically, opt for seafood, yogurt, skinless chicken and nuts. The more that people ate those foods, the less weight they gained. On the flip side, eating more red and processed meat was linked to weight gain.



### DON'T STRESS ABOUT DAIRY

Your coffee shop is out of nonfat milk? No worries! It doesn't matter whether you choose high- or low-fat dairy—researchers didn't see an influence on weight gain either way. It's worth noting, though: Those who consumed more low-fat dairy also took in more carbs—which could lead to additional pounds.



### SLASH LOW- QUALITY CARBS

That means eating fewer sweets, starches and refined grains, such as white bread, white pasta and white rice. Such foods have a high glycemic load (GL), so they quickly spike your blood sugar. A high-GL diet has always been a no-no for those with type 2 diabetes, but the Tufts study is the first to show that it also could contribute to weight gain.



### PAIR FOODS FOR MORE WEIGHT LOSS

The combination of foods you put on your plate matters. For example, eating more of a protein linked to weight gain, such as red meat, while also upping high-GL carbs increased weight gain, while eating red meat with lower-GL foods, like vegetables, reduced the weight-gain effects.

### LET UP ON COUNTING CALORIES

You don't have to be confined to calorie counts. Researchers suggest that eating the right foods, in the right combinations, seems to be what really makes a difference. Thus, it's about choosing lean proteins and smart carbs and putting them together for success.

**YOU SAID IT** *"I try to keep a healthy diet but allow myself occasional indulgences—I don't like to deprive myself of anything. It's all about listening to your body."* —Lianne Hansen, 30, Hoboken, N.J.



# YOU CAN'T BEAT ZERO HEARTBURN\*



LARRY THE  
CABLE GUY,  
ACTUAL USER



Prilosec OTC® has been the  
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**#1** Pharmacist<sup>^^</sup> recommended frequent  
heartburn medicine for **10 straight years.**

**ONE PILL EACH MORNING. 24 HOURS.**



**ZERO HEARTBURN.\***

\*It's possible while taking Prilosec OTC. Use as directed for 14 days to treat frequent heartburn. May take 1-4 days for full effect.

<sup>^</sup>AlphalImpactRx ProVoice™ Survey, Jan 2005 - Mar 2015. <sup>^^</sup>Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006 - 2015.



# Never Get Sick Again!

OK, fine, we can't promise you'll be healthy forever. But here's what you *can* do to strengthen your immune system and protect yourself from colds and flu this winter



Why do you seem to get every bug that passes through town, while your husband and friends remain healthy? Blame your immune system, the network of cells and organs that fights off illness (or tries to, anyway). How often you get sick is partly genes, plus the bacteria and viruses you're exposed to. But lifestyle is also key: exercise, sleep and stress. Read on for how to get your system in fighting shape. *By Hallie Levine*



**TIP**  
Cold coming on?  
Get lots of sleep  
to help your  
body recover  
quicker.

## STRATEGY

# 1

**Pump up your plate.** Your body needs protein to make white blood cells, which are the backbone of the immune system. Many protein-rich foods, including lean meat and fish, provide other immunity-boosting nutrients, too, such as B vitamins, iron, omega-3 fatty acids and zinc. Also essential: eating a good mix of produce to ensure you get an array of nutrients.

### IMMUNE-BOOSTING TO-DOS

#### □ Get your daily 8 to 9.

Eating that many servings of **fruits and vegetables** might reduce the risk of a cold by about 25 percent, according to research. Aim for at least two colors per meal. One veggie to add: **shiitake mushrooms**, which might increase natural killer T cells.

□ **Pile on the protein.** Make sure to have some at every meal. A sample day's worth might be 8 ounces of yogurt at breakfast, a cup of beans with salad at lunch, a handful of almonds for a snack and 3 ounces of chicken during dinner.

□ **Go for fish.** Eat mackerel, **salmon** or tuna at least twice each week. Such fatty varieties of fish are rich in omega-3s, which might reduce your risk of respiratory infection, probably by boosting levels of virus-fighters such as helper T cells.



## STRATEGY

# 2

**Pick the right supplements.** The drugstore might be full of so-called immunity boosters, but there's strong evidence for only two of them: vitamin D and probiotics.

### IMMUNE-BOOSTING TO-DOS

#### □ Shore up your D-fenses.

One large study found that people low in vitamin D were 40 percent more likely to become ill. Because it's difficult to get enough D from food, you need a supplement. Most doctors recommend 1,000 international units daily.

#### □ Pop probiotics.

Try a daily over-the-counter probiotic supplement; take as directed. It might slash your risk of an upper respiratory infection by about 12 percent.



## Getting sick? Do this.

**TAKE ZINC** Using a lozenge with zinc acetate or zinc gluconate every couple of hours while symptoms last might shave two days off a cold, a 2012 review indicated.

**SIP CHICKEN SOUP** It's not merely an old wives' tale: This staple can help relieve cold symptoms, according to a University of Nebraska study.

**TRY VITAMIN C** It likely won't prevent a cold, but a review of 29 trials found that taking C daily as soon as you feel the first symptom might reduce your downtime by about 8 percent. You need about 1,000 milligrams per day.

**HOARD Z'S** As you sleep, your immune system releases cytokines, proteins that combat infection. Getting enough shut-eye consistently also helps you prevent sniffles in the first place.





# STRATEGY 3

**Get moving.** In a large 2010 study, those who were active at least five days a week almost halved the length of their colds. Other research indicates that folks who exercise after getting a flu shot nearly double their immune response. Why? Exercise likely sparks a temporary rise in immune cells.

## IMMUNE-BOOSTING TO-DO

**Work out for at least 30 minutes five days per week.**

Don't overdo it, though: More than 90 minutes of high-intensity **exercise** can stress the body, decreasing your immunity for up to three days.



*Don't forget your flu shot!*

One key way to strengthen your immune system is vaccination. A flu vaccine (either a shot or the nasal spray) preps you to fight infection by triggering your body to produce antibodies against certain strains of the influenza virus. That helps reduce the chances you'll catch the flu—or spread it to someone else.

# STRATEGY 4

**Find ways to ease stress.**

Pushing yourself physically isn't the only thing that taxes your system. Emotional stress causes your body to release cortisol and adrenaline, which decrease T cells.

## IMMUNE-BOOSTING TO-DOS

**Laugh.** A good giggle can help you stay well. Laughter boosts virus- and cancer-fighting natural killer cells, according to a study at Loma Linda University in California.

**Pray.** People who regularly attend religious services are about half as likely to have high levels of a protein that increases inflammation. Not a church-goer? Take a few moments to meditate every day.

**Dance.** It's a potent relaxer—even if you're just **shimmying** in your head. One study found that people who merely listened to 50 minutes of dance music had lower cortisol and more antibodies. So crank up the tunes—doctor's orders!

Pick your favorite happy tunes and let loose!

## Is your immune system too good?

A robust immune system reacts to bacteria, viruses and other foreign invaders.

But if you have an autoimmune disease, as a fifth of Americans do (women three times more often than men),

your system overreacts, attacking the body's healthy tissue. Such disorders are on the rise, with lupus, rheumatoid arthritis and thyroid disease among the most common. The good news: In the past, women with symptoms often were ignored or misdiagnosed, but today more doctors know to look for the conditions. The sooner a patient gets diagnosed, the better her future.





# Walk Yourself Healthy

Got high blood sugar? You can make a difference just by lacing up your sneakers

If you have diabetes (or worry about getting it), consider this: Exercise improves your body's ability to control blood sugar. When you're active, your muscle cells become more sensitive to insulin, absorbing larger amounts of glucose. And the effect can last as much as 48 hours after your workout. Over time, regular exercise can help you shed weight. No complicated gym routines necessary; simply walking can improve your health. A few tweaks to your form can be better for your heart and muscles, plus lead to the torching of more calories. Here's how to boost your burn with every step.

## Wear a heart-rate monitor

It's like having your own coach to keep you at optimal intensity: about 75 percent of your maximum heart rate.

## Count your steps

Research shows that people who wear a pedometer walk about 2,000 more steps daily. Smartphone apps such as Accupedo (Android, iOS) and Pedometer++ (iOS) can have the same inspiring effect.

## Roll through the ball of your foot

And push off with your toes. Get your calf and hamstring muscles involved by imagining you're trying to wipe a piece of gum off your sole.

## GET PUMPED

People with type 2 diabetes who exercised improved their blood sugar, lowered their body-fat percentage and lost inches from their waistline—even if they didn't see gains in cardiovascular fitness, according to a study published in June in *Diabetes Care*.

## Focus your eyes on the horizon

When your head is raised, your chest opens and you can take deeper breaths.

## Stand tall

Keep your ears and shoulders directly above your hips to engage your core.

## Make a loose fist

Clenching your hands tightly wastes energy that could be used to power your walk.

## Pump your arms

Your hands should reach midbreastbone height on the upswing and brush past your hips on the downswing.

## Squeeze your glutes

This contracts the big muscles in the back of your legs.

## Keep your stride short

Longer steps lead to a bouncier gait, which can increase the risk of injury to your joints. Taking shorter steps also makes it easier for you to walk faster, so you end up burning more calories.

## PICK UP THE PACE

Three simple tricks to help you walk faster and reap bigger benefits.



### SKIP KILLER HILLS

Don't assume that climbing a big incline will help you burn more calories. It might be better to maintain your speed on a moderate hill than to slow down a lot on a steeper one.



### SET GOALS

Choose markers you can see, like stop signs or park benches, and speed up until you reach one. Then slow down for the same distance. Repeat the intervals.



### RACE HOME

When you get to the halfway point of your loop, walk back as fast as you can and time yourself. Make it a game: Every time you do that route, challenge yourself to beat your best time.

**Not currently active? Check with your doctor before starting any exercise routine, especially if you've been diagnosed with diabetes.**

Sources: Mark Fenton, author of *The Complete Guide to Walking for Health, Weight Loss and Fitness*; Therese Iknoian, author of *Fitness Walking*; George L. King, MD, director of research at the Joslin Diabetes Center in Boston; Lee Scott, founder of Wow Power Walking in Toronto



# LAUGH ATTACK? DON'T HOLD BACK.

*(we make bladder leaks feel like no big deal)*

Our pads  
are drier  
than Poise  
pads!



Our pads are up to 40% thinner\* for incredible comfort and absorb 2x more than you may need.\*\*

Get laugh-all-you-want protection, with Always Discreet. Because hey, pee happens. For coupons and your free sample,<sup>†</sup> go to [alwaysdiscreet.com](http://alwaysdiscreet.com).



So bladder leaks can feel like no big deal.

**always**  
discreet

\*vs. Poise. Per external P&G study. \*\*based on average U.S. consumer usage. †while supplies last.

# Smart Health Advice

A top pediatrician weighs in on children's wellness issues



OUR EXPERT  
MINU GEORGE,  
MD

## TURNING OFF THE TV

American children younger than 12 watch a whopping four hours of television every day, on average—and that's not including time spent on smaller screens such as phones and iPads. Teens log less time in front of the TV but are more likely to spend hours each day glued to a phone or tablet. All that screen time comes at a price: More than two hours of TV or tech time every day is linked to speech and developmental delays and similar problems, recent research shows. As

a parent, I know it's unrealistic to skip TV, phones and tablets altogether. Even so, it's worth curbing your kids' viewing when you can: The less time they watch TV, or scroll through their phone, the more they read and play, both of which are crucial for healthy growth. Aim for no more than 90 minutes daily for children ages 2 and older. When possible, try to ensure TV time is a family event. That makes it easier to keep tabs on what your kids are watching, and for how long.



## HELP YOUR CHILD SLEEP BETTER

Does your kid have a cold? She might breathe easier while she sleeps with a humidifier, like the new Vicks VapoSteam Sweet Dreams Cool Mist model. She'll likely love that it projects a peaceful picture (think: starry night or jungle theme) when it's on. **\$60; amazon.com.**



SCAN THE  
HUMIDIFIER  
TO BUY IT.  
See page 2.



## IN SHAPE—OR EATING DISORDER?

It's healthy for teens to play sports and get physical activity every day, but too much can be harmful to their health and might even be a sign of a mental health problem. These red flags might indicate your boy or girl is taking fitness too far and should see a doctor or mental health professional:

**She exercises to the point of exhaustion** or doesn't seem to be able to do anything else after a workout or practice.

**He does "extra" exercise** in addition to regular practices or workouts. If he plays a sport and wants to tack on additional workouts, it should be a set amount of time recommended by his coach—and he should be eating more to compensate for the calories he's burning.

**She eats a lot of food**—then goes and exercises directly after that for a long time (usually more than an hour).

Kids should be active...up to a point.

## When your little one snaws logs

Occasional or even regular snoring in children is usually normal. Kids end up with more colds than adults, and even a mild viral infection can stuff up a small nose. And, as with adults, some kids have structural issues—in noses, sinuses, throats—that make them snore.

Even so, if you regularly hear your kid snoring, take a few minutes to listen for pauses in her breathing. Breaks in regular inhaling and exhaling can indicate sleep apnea, a potentially dangerous problem. (Apnea is linked to exhaustion, heart problems, weight gain and more. Obesity increases the odds of apnea.) If you hear breaks in her breathing, or can't tell, consult a pediatrician.



CELEBRATE THE SEASON  
*with these*

# FUN FALL SNACKS

The whole family will go nuts for our gingerbread squirrels and peanut butter acorns





## CHOCOLATE-PEANUT BUTTER ACORNS

Creating these chocolate “nuts” couldn’t be easier; it’s a great assembly-line project for kids (though we can’t promise they won’t sneak a little chocolate!).

Unwrap a **Hershey’s Kiss**, and use store-bought or homemade **chocolate frosting** to adhere candy to one side of a **Nutter Butter Bite**. Place a few spoonfuls of frosting in a ziplock bag, and use scissors to snip off one corner. Pipe a dab of frosting onto the center of the other side of the cookie, and place a **mini chocolate chip** over the frosting to create the acorn’s stem. Repeat to make as many acorns as you’d like.



SCAN THE SQUIRREL COOKIE TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 2.

## GINGERBREAD CRITTER COOKIES

**COST PER SERVING** 32¢

**HANDS-ON** 25 min.

**TOTAL** 2 hr. 40 min.

**YIELD** 14 squirrel-shaped cookies

- 2 cups all-purpose flour
- 3 tsp. ground ginger
- 1 tsp. cinnamon
- 1 tsp. ground nutmeg
- 1 tsp. ground cloves
- ½ tsp. salt
- ½ tsp. baking powder
- 8 Tbsp. (1 stick) unsalted butter, at room temperature
- ½ cup packed light brown sugar
- ½ cup molasses
- 1 large egg yolk

① In a medium bowl, whisk first 7 ingredients. In a large bowl, using an electric mixer on medium speed, cream butter and brown sugar until fluffy, about 2 minutes. Add molasses and egg yolk; beat until smooth. Add dry ingredients on low speed, until just combined. Pat dough into a disk, wrap in plastic wrap and chill at least 2 hours (up to 2 days).

② Place racks in upper and lower thirds of oven and preheat to 350°F. Line 2 baking sheets with parchment. Lightly flour work surface and rolling pin. Roll dough to ¼-inch thickness. Cut out cookies and arrange on baking sheets, 2 inches apart. Gather dough scraps and cut out more cookies to fill sheets.

③ Bake for 12 to 15 minutes, rotating sheets halfway through. Let cookies cool on sheets for 10 minutes, then transfer to wire racks to cook completely. Repeat to bake remaining dough.

**PER SERVING (1 COOKIE)** 189 Cal., 7g Fat (4g Sat.), 31mg Chol., 1g Fiber, 2g Pro., 30g Carb., 111mg Sod.

### CUTE COOKIE CUTTER ALERT!

A HUSBAND-AND-WIFE TEAM IS BEHIND ETSY’S THE FUSSY PUP, WHICH OFFERS HANDCRAFTED COPPER COOKIE CUTTERS IN A WHOLE ZOO OF ANIMAL SHAPES, INCLUDING THIS ADORABLE 4½-INCH-WIDE SQUIRREL.

**\$15;** [etsy.com/shop/thefussypup](http://etsy.com/shop/thefussypup).



### SPONSORED

**Fisher  
nuts**

#### BAKING TIP

Dip the cookie cutter in flour every so often to keep the dough from sticking.



*Fisher® recipe nuts have*  
**No Preservatives.**



Just out of their shells, so you  
can come out of yours.

**Fisher** *Live Life* UNSHELLED.



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For the Pumpkin Pecan Swirl Cheesecake  
recipe and more, visit [fishernuts.com](http://fishernuts.com)





# Thank Goodness!

**A DELICIOUS, MAKE-AHEAD FEAST**

We've got it all: a show-stopping menu, a streamlined grocery list  
and a foolproof timetable for getting Thanksgiving dinner on the table.  
(No need to tell anybody it was this easy)

*Recipes by Dawn Perry Photos by Mikkel Vang*



FIG AND  
CRANBERRY  
COMPOTE  
page 50

## The menu

CIDER-GLAZED TURKEY

SAUTÉED

BRUSSELS SPROUTS  
WITH POPPY SEEDS

SCALLOPED POTATOES

BROWN SUGAR-GLAZED  
CARROTS WITH ROSEMARY  
AND PECANS

FIG AND CRANBERRY  
COMPOTE

SAUSAGE AND APPLE  
STUFFING

SWEET POTATO PIE  
WITH CANDIED-NUT CREAM

CIDER-GLAZED  
TURKEY  
page 53



## TIME-SAVING TIP

*Warm a batch of store-bought rolls on a rimmed baking sheet in the oven just before you're set to sit down.*

## Sautéed Brussels Sprouts with Poppy Seeds

**COST PER SERVING** 56¢

**HANDS-ON** 15 min. / **TOTAL** 25 min.

**SERVES** 8

- 1½ lbs. Brussels sprouts, trimmed
- 3 Tbsp. olive oil
- 1 large shallot, finely chopped
- 1 tsp. salt
- ½ tsp. pepper
- 2 Tbsp. white wine vinegar
- 1 Tbsp. poppy seeds

❶ Using a knife, a mandoline or a food processor fitted with a slicing disc, thinly slice Brussels sprouts.

❷ In a large skillet, heat oil over medium-high heat. Add shallot and cook, stirring often, until it begins to soften, 2 to 3 minutes.

❸ Add Brussels sprouts, salt and pepper to skillet. Cook, tossing often, until Brussels sprouts are tender, 4 to 6 minutes. Remove from heat and stir in vinegar and poppy seeds.

**PER SERVING** 93 Cal., 6g Fat (1g Sat.), 0mg Chol., 4g Fiber, 3g Pro., 9g Carb., 313mg Sod.

SAUTÉED  
BRUSSELS SPROUTS  
WITH POPPY SEEDS

BROWN  
SUGAR-GLAZED  
CARROTS  
WITH ROSEMARY  
AND PECANS







## Scalloped Potatoes

**COST PER SERVING** \$1.22

**HANDS-ON** 30 min.

**TOTAL** 1 hr. 30 min.

**SERVES** 8

- 2 Tbsp. unsalted butter
- 1 medium onion, finely chopped
- 2 cups heavy cream
- 2 cups whole milk
- 1 bay leaf
- 1 tsp. fresh thyme leaves
- ¼ tsp. ground nutmeg
- 1½ tsp. salt
- ½ tsp. pepper
- 4 lbs. russet potatoes (8 medium), peeled and sliced ½ inch thick
- 6 oz. grated Gruyère or Cheddar, (about 1½ cups)

- ① Heat oven to 375°F. Grease a shallow 3-quart baking dish. In a large saucepan or Dutch oven, melt butter over medium-high heat. Add onion and cook, stirring often, until softened, 5 to 7 minutes. Add cream, milk, bay leaf, thyme, nutmeg, salt and pepper; bring to a simmer.
- ② Add potatoes to saucepan and simmer, stirring occasionally, until tender, 20 to 25 minutes.
- ③ Discard bay leaf and transfer potato mixture to prepared baking dish; sprinkle with Gruyère.
- ④ Bake until bubbling and golden brown, 20 to 25 minutes.

**PER SERVING** 541 Cal., 34g Fat (21g Sat.), 118mg Chol., 3g Fiber, 14g Pro., 47g Carb., 630mg Sod.

SCALLOPED POTATOES

## Brown Sugar–Glazed Carrots with Rosemary and Pecans

**COST PER SERVING** 73¢ / **HANDS-ON** 15 min. / **TOTAL** 40 min. / **SERVES** 8

- ½ cup pecan halves
- 3 lbs. carrots, peeled, halved lengthwise, cut into 2-inch pieces
- ½ cup packed light brown sugar
- 4 Tbsp. (½ stick) unsalted butter
- 2 sprigs fresh rosemary
- ¼ tsp. cayenne pepper
- 1 tsp. salt
- ¼ tsp. pepper
- 1 Tbsp. fresh lemon juice

- ① Heat oven to 375°F. Spread pecans on a rimmed baking sheet and toast in oven, tossing once, until fragrant, 6 to 8 minutes. Let cool, then roughly chop.
- ② In a large saucepan, combine carrots, brown sugar, butter, rosemary, cayenne, salt, pepper and ½ cup water. Bring to a boil, reduce heat, cover and simmer until carrots begin to

- soften, 8 to 10 minutes.
- ③ Uncover saucepan and cook, stirring often, until carrots are tender and liquid has thickened, 10 to 15 minutes more.
  - ④ Discard rosemary. Toss carrots with lemon juice and chopped pecans.
- PER SERVING** 217 Cal., 11g Fat (4g Sat.), 15mg Chol., 5g Fiber, 2g Pro., 31g Carb., 413mg Sod.





FIG AND  
CRANBERRY  
COMPOTE

## Fig and Cranberry Compote

**COST PER SERVING** 88¢  
**HANDS-ON** 5 min. / **TOTAL** 15 min.  
**SERVES** 8 (Makes 2 cups)

- 1 12-oz. bag fresh or frozen cranberries (about 3½ cups)
- 5 oz. dried Mission figs, coarsely chopped (about 1 cup)
- ⅓ cup honey
- ¼ tsp. ground cardamom
- ¼ tsp. salt

❶ In a medium saucepan, combine cranberries, figs, honey, cardamom, ¼ cup water and salt. ❷ Bring to a boil, reduce heat and simmer, stirring often, until cranberries begin to burst and mixture thickens, 6 to 8 minutes. Allow to cool. Serve at room temperature.

**PER SERVING** 106 Cal., 0g Fat (0g Sat.), 0mg Chol., 4g Fiber, 1g Pro., 28g Carb., 76mg Sod.

### TIME-SAVING TIP

*To cut down on day-of duties, set the table a day or two before the feast.*

## Sausage and Apple Stuffing

**COST PER SERVING** \$1.41  
**HANDS-ON** 30 min.  
**TOTAL** 1 hr. 20 min. / **SERVES** 8

- 1 Tbsp. olive oil
- 4 links sweet Italian sausage, casings removed (about 1 lb.)
- 3 ribs celery, thinly sliced
- 2 medium onions, chopped
- 2 tart apples (such as Granny Smith or Pink Lady), cored and chopped
- ¼ cup chopped fresh sage
- ¾ tsp. salt
- ½ tsp. pepper
- 1 large baguette (about ¾ lb.), cut into ¾-inch pieces (about 7 cups)
- 3 cups low-sodium chicken broth
- 2 large eggs, beaten

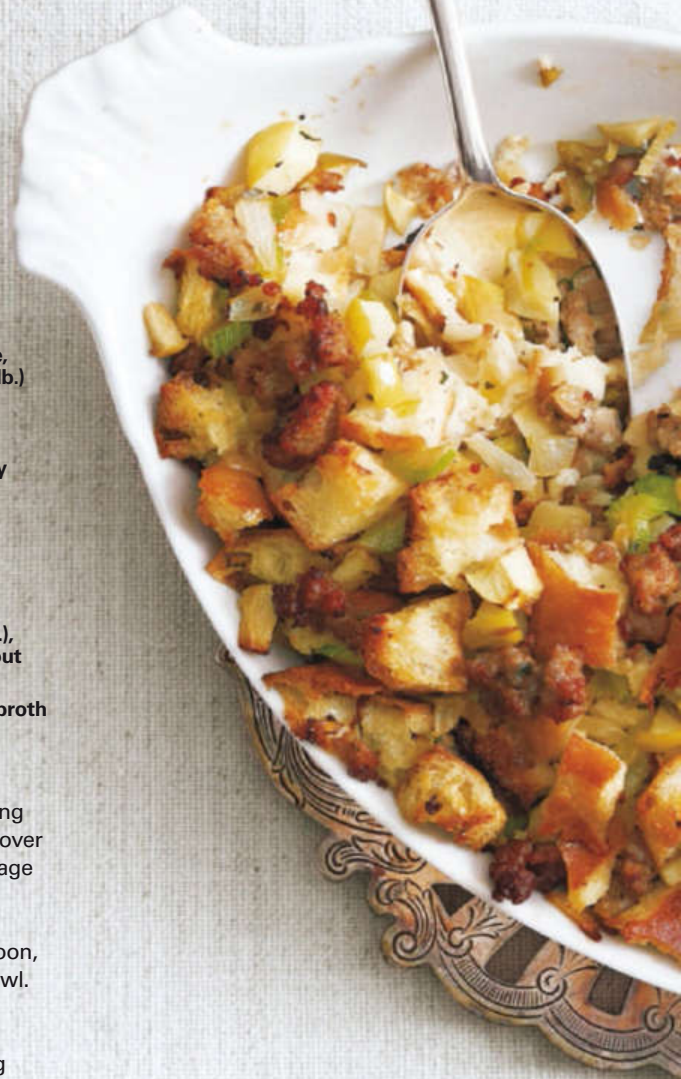
❶ Heat oven to 375°F. Lightly grease a shallow 3-quart baking dish. In a large skillet, heat oil over medium-high heat. Add sausage and cook, breaking it up with a spoon, until browned, 6 to 8 minutes. Using a slotted spoon, transfer sausage to a large bowl.

❷ To drippings in skillet, add celery, onions, apples, sage, salt and pepper. Cook, tossing frequently, until vegetables are tender, 7 to 9 minutes.

❸ Add vegetable mixture, baguette, broth and eggs to sausage; toss to combine. Transfer to prepared baking dish; cover with foil.

❹ Bake stuffing for 20 minutes. Remove foil and bake until browned, 20 to 30 minutes more.

**PER SERVING** 300 Cal., 8g Fat (3g Sat.), 64mg Chol., 3g Fiber, 19g Pro., 39g Carb., 918mg Sod.







SAUSAGE  
AND APPLE  
STUFFING





SWEET POTATO PIE  
WITH CANDIED-NUT  
CREAM

## Sweet Potato Pie with Candied-Nut Cream

**COST PER SERVING** \$1.35 / **HANDS-ON** 15 min. / **TOTAL** 4 hr. 30 min. / **SERVES** 8

- |                                       |  |
|---------------------------------------|--|
| 1 lb. sweet potatoes (2 medium)       | 2 large eggs                                 |
| 12 graham crackers                    | ½ tsp. cinnamon                              |
| 5 Tbsp. unsalted butter, melted       | ¼ tsp. ground ginger                         |
| 2 Tbsp. sugar                         | ¼ tsp. ground nutmeg                         |
| ½ tsp. salt                           | Pinch ground cloves                          |
| 1 14-oz. can sweetened condensed milk | 1 cup heavy cream                            |
|                                       | ½ cup chopped candied nuts or peanut brittle |

① Heat oven to 400°F. Pierce potatoes all over with a fork, place on a rimmed baking sheet and bake until very tender, 50 to 60 minutes. Let cool, then halve and scoop out flesh (discard skins).

② Reduce oven to 350°F. In a food processor, process graham crackers until fine crumbs form. Add butter, sugar and ¼ tsp. salt and pulse until moistened. Press mixture into bottom and up the sides of a 9-inch pie plate, using a dry measuring cup to help. Place on a rimmed baking sheet and bake until dry and set, 10 to 12 minutes (if crust puffs while

baking, press it down gently). Let cool.

③ Wipe out food processor and add sweet potato flesh, condensed milk, eggs, cinnamon, ginger, nutmeg, cloves and remaining salt. Process until smooth (be careful not to overprocess). Pour mixture into crust and bake until set in center, 45 to 55 minutes. Let cool completely.

④ Before serving, using an electric mixer on medium-high speed, beat cream until soft peaks form. Gently fold in nuts. Serve with pie.

**PER SERVING** 537 Cal., 26g Fat (15g Sat.), 119mg Chol., 2g Fiber, 9g Pro., 67g Carb., 385mg Sod.



## Cider-Glazed Turkey Shown on page 47

**COST PER SERVING** \$4.05 / **HANDS-ON** 40 min.

**TOTAL** 4 hr. / **SERVES** 8 (with plentiful leftovers)

- 4 cups apple cider
- 2 Tbsp. cider vinegar
- 4 Tbsp. (½ stick) unsalted butter, at room temperature
- Salt and pepper
- 4 ribs celery, halved crosswise
- 4 carrots, peeled, halved crosswise
- 2 medium onions, peeled, halved
- 1 12-lb. turkey, thawed if frozen, giblets discarded, patted dry
- 1 tart apple (such as Granny Smith or Pink Lady), halved
- 8 sprigs fresh thyme
- 8 sprigs fresh sage

① Heat oven to 375°F. Make cider glaze: In a large skillet, boil cider until reduced to about ¾ cup, 25 to 30 minutes. Add vinegar, 2 Tbsp. butter, 1 tsp. salt and ½ tsp. pepper. Stir until butter has melted.

② In a large roasting pan, scatter celery, carrots and onions; add 1 cup water. Season turkey cavity with ½ tsp. each salt and pepper and stuff with apple, thyme and sage. Tie turkey legs together with twine and tuck wings underneath body. Place turkey on top of vegetables. Rub with remaining 2 Tbsp. butter; season with 2 tsp. salt.

③ Roast turkey, basting every 30 minutes with pan juices, for 2 hours. Continue roasting,

basting every 15 minutes with cider glaze, until a thermometer inserted into thickest part of a thigh registers 165°F, 30 to 60 minutes more. (Tent bird loosely with foil if it browns too quickly; add 1 cup water to pan if vegetables begin to scorch.)

④ Carefully tilt turkey to empty juices from cavity into pan. Transfer to a cutting board, tent loosely with foil and let rest for 30 minutes to 1 hour before carving.

**PER SERVING** 505 Cal., 6g Fat (3g Sat.), 232mg Chol., 1g Fiber, 89g Pro., 18g Carb., 880mg Sod.

## The grocery list

### ITEMS FROM YOUR PANTRY

- ☐ ½ cup light brown sugar
- ☐ 2 Tbsp. sugar
- ☐ ½ cup honey
- ☐ 2 Tbsp. white wine vinegar
- ☐ 2 Tbsp. cider vinegar
- ☐ 4 Tbsp. olive oil
- ☐ 1 bay leaf
- ☐ ½ tsp. ground cinnamon
- ☐ ½ tsp. ground nutmeg
- ☐ ¼ tsp. cayenne pepper
- ☐ ¼ tsp. ground cardamom
- ☐ ¼ tsp. ground ginger
- ☐ Pinch of ground cloves
- ☐ Salt and pepper

### MEAT AND POULTRY

- ☐ 1 12-lb. turkey
- ☐ 4 links sweet Italian sausage (about 1 lb.)

### FRUITS AND VEGETABLES

- ☐ 1 lemon
- ☐ 3 tart apples (such as Granny Smith or Pink Lady)
- ☐ 1 12-oz. bag fresh or frozen cranberries
- ☐ 5 oz. dried Mission figs
- ☐ 3½ lbs. carrots
- ☐ 7 ribs celery
- ☐ 1½ lbs. Brussels sprouts
- ☐ 2 sprigs fresh rosemary
- ☐ 9 sprigs fresh thyme
- ☐ 2 bunches fresh sage
- ☐ 4 lbs. (about 8 medium) russet potatoes
- ☐ 1 lb. (about 2 medium) sweet potatoes
- ☐ 5 medium onions
- ☐ 1 large shallot

### DAIRY

- ☐ 2 cups whole milk
- ☐ 3 cups heavy cream
- ☐ 6 oz. Gruyère or Cheddar
- ☐ 15 Tbsp. unsalted butter
- ☐ 4 large eggs

### OTHER

- ☐ 3 cups low-sodium chicken broth
- ☐ 4 cups apple cider
- ☐ 1 large baguette (about ¾ lb.)
- ☐ 12 graham crackers
- ☐ ½ cup pecan halves
- ☐ ½ cup candied nuts or peanut brittle
- ☐ 1 14-oz. can sweetened condensed milk
- ☐ 1 Tbsp. poppy seeds



## The timeline

### ONE TO THREE DAYS IN ADVANCE

- ☐ Make the cider glaze for the turkey; refrigerate.
- ☐ Make the compote; refrigerate.
- ☐ Take out the casserole and serving dishes you plan to use; set them aside with sticky notes labeling which dish will go in each.

### TIME-SAVING TIP

*Store prepped ingredients in covered containers; place chopped vegetables in ziplock baggies, laid on their side to make the most of limited fridge space.*

### ONE TO TWO DAYS IN ADVANCE

- ☐ Prep the vegetables for the turkey; refrigerate.
- ☐ Make the stuffing (but do not bake); refrigerate.
- ☐ Make the potatoes (but do not bake); refrigerate. (Alternatively, make and freeze up to one month in advance.)
- ☐ Slice the Brussels sprouts; refrigerate.
- ☐ Peel and cut the carrots; refrigerate.
- ☐ Toast the pecans (for the carrot dish); store at room temperature.
- ☐ Make the sweet potato pie; refrigerate.

### FOUR HOURS BEFORE THE MEAL

- ☐ Warm the cider glaze and roast the turkey.
- ☐ Make the cream (without nuts) for the pie; refrigerate.

### TWO HOURS BEFORE THE MEAL

- ☐ Bring the stuffing and potatoes to room temperature.

### ONE HOUR BEFORE THE MEAL, WHILE THE TURKEY RESTS

- ☐ Bake the potatoes.
- ☐ Bake the stuffing.
- ☐ Bring the cranberry compote to room temperature.
- ☐ Bring the sweet potato pie to room temperature.

### A HALF HOUR BEFORE THE MEAL

- ☐ Cook the carrots.
- ☐ Cook the Brussels sprouts.

### JUST BEFORE THE MEAL

- ☐ Carve the turkey.
- ☐ Fold the nuts into the candied-nut cream.

*Enjoy and give thanks. (After all, somebody else can clean up!)*



# DON'T BE CHICKEN.

## MAKE A GREAT SUPPER IN JUST 15 MINUTES.



### Sausage

### ~~CHICKEN~~ ALFREDO

READY IN: 1 HOUR *15 minutes*

#### *1 pkg. Hillshire Farm® Smoked Sausage*

~~3 chicken breast halves, cubed~~  
~~2 tbsps. butter, divided~~  
~~2 cloves garlic, minced, divided~~  
~~2 tbsps. chopped flat-leaf parsley~~  
~~1 1/2 tbsps. Italian seasoning~~  
~~1/2 onion, diced~~

~~1 1/2 tbsps. salt~~  
~~1/2 tsp. ground white pepper~~  
8 oz. pasta, cooked, drained  
2 cups heavy cream  
2 tsp. Cajun seasoning  
1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

#### *Sauté sausage for 5 minutes.*

2. ~~Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley; cook until onions are transparent.~~

3. Add ~~garlic cloves~~, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

*Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.*



*More 15 minute sensations at [sausagesosimple.com](http://sausagesosimple.com)*



FROM  
Cooking Light

*made*

# FAMILY MEALS SIMPLE

For our second installment of Let's Cook!, a program from our sister publication COOKING LIGHT, we present three quick and healthy crowd-pleasing suppers



#### CARB SWAP

Ditch the toast and serve this shrimp mixture over brown rice or grits if you'd like.

SHOP AROUND TO SNAG THE BEST PRICE ON SHRIMP. SOMETIMES THE SEAFOOD COUNTER WINS; OTHER TIMES THERE'S A BETTER DEAL IN THE FREEZER CASE.



SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 2.

Recipes by Ann Taylor Pittman



# SAUCY SHRIMP SAUTÉ *on* TOAST

COST PER SERVING \$2.78 / HANDS-ON 21 min. / TOTAL 21 min. / SERVES 4

## START WITH THESE INGREDIENTS



5 cloves  
garlic



1 Tbsp.  
canola oil



1 lb. medium  
shrimp, peeled  
and deveined



1 cup  
halved grape  
tomatoes



1/2 cup  
unsalted  
chicken stock



1 Tbsp. fresh  
lemon juice



1 1/2 tsp.  
all-purpose  
flour



3 Tbsp. unsalted  
butter, chilled,  
cut into small  
pieces



Salt and pepper



1 Tbsp. chopped  
fresh parsley,  
optional



8 1/2-oz. slices  
whole-wheat  
French bread

1



Preheat broiler to high. Thinly slice 4 garlic cloves; cut remaining garlic clove in half lengthwise.

2



Heat a large skillet over medium-high heat. Add oil to pan. Add shrimp; cook until almost done, about 2 minutes.

4



Whisk together chicken stock, lemon juice and flour. Add mixture to pan; boil. Cook until thickened, about 1 minute.

3



Add sliced garlic and tomatoes to pan; cook until tomatoes begin to soften, approximately 30 seconds.

5



Reduce heat to medium-low. Add butter, stirring until melted. Stir in 1/4 tsp. each salt and pepper. Add parsley, if desired.

6



Broil bread until toasted, about 1 minute per side. Rub bread with cut side of halved garlic clove. Spoon shrimp over toast.

YUM!

PER SERVING 307 Cal., 14g Fat (6g Sat.), 166mg Chol., 1g Fiber, 20g Pro., 24g Carb., 630mg Sod.



# CHICKEN, BROCCOLI *and* BROWN RICE CASSEROLE

COST PER SERVING \$2.58 / HANDS-ON 30 min. / TOTAL 30 min. / SERVES 4

## START WITH THESE INGREDIENTS



2 3 1/2-oz. bags  
boil-in-bag  
brown rice



1 Tbsp.  
olive oil



1 small onion,  
finely chopped  
(about 1 cup)



8 oz. sliced  
mushrooms



8 oz. skinless,  
boneless chicken  
thighs, cut into  
1/2-inch pieces



Salt and pepper



1 12-oz. package  
microwave-in-bag  
fresh broccoli florets



1 1/2 cups  
low-fat milk



3 Tbsp.  
all-purpose  
flour



3/4 cup shredded  
sharp Cheddar



1

Preheat broiler to high. Cook rice according to package directions; drain. Heat a 12-inch ovenproof skillet over medium-high heat.



2

Add oil, onion, mushrooms, chicken and 1/4 tsp. each salt and pepper. Cook until no pink remains, about 6 minutes.



4

Add milk mixture to chicken mixture in skillet. Stir.



3

Microwave broccoli according to package directions. Combine milk and flour in a measuring cup; stir with a fork until smooth.



5

Cook until bubbly and thick, about 2 minutes, stirring frequently. Stir in 1/2 tsp. salt, rice and broccoli.



6

Sprinkle with cheese. Broil until cheese melts and begins to brown, about 1 minute.

WOW!

PER SERVING 462 Cal., 16g Fat (6g Sat.), 81mg Chol., 6g Fiber, 29g Pro., 55g Carb., 692mg Sod.



**NOT A  
BROCCOLI FAN?**

Try green beans, peas  
or spinach. Fresh  
and frozen options work  
equally well.



SCAN  
EACH DISH  
TO SAVE THE  
RECIPE AND  
SHOP FOR  
INGREDIENTS.  
See page 2.

THIS WHOLE-GRAIN SPIN ON A  
CLASSIC COMFORT FOOD IS JUST  
AS CREAMY AND KID-PLEASING  
AS TRADITIONAL VERSIONS.



# SMOKY TWO-BEAN VEGETARIAN CHILI

COST PER SERVING \$1.17 / HANDS-ON 15 min. / TOTAL 28 min. / SERVES 4

## START WITH THESE INGREDIENTS



1 Tbsp.  
olive oil



4 cloves garlic,  
finely chopped



1 small onion,  
finely chopped  
(about 1 cup)



1 green bell  
pepper, chopped  
(about 1 cup)



1 tsp.  
ground cumin



2 tsp. finely  
chopped canned  
chipotles in  
adobo sauce



2 15-oz. cans  
black beans,  
drained



1 15-oz. can  
pinto beans,  
drained



1 14.5-oz. can  
petite diced  
tomatoes  
(do not drain)



Salt and pepper



1

Heat a Dutch oven or large saucepan over medium-high heat. Add oil, garlic, onion and bell pepper; cook for 4 minutes.



2

Add cumin; cook, stirring, until cumin coats vegetable mixture, about 30 seconds.



4

Bring to a boil. Cover, reduce heat and simmer for 5 minutes.



3

Stir in 1 cup water and all remaining ingredients with 1 tsp. salt and ½ tsp. pepper.



5

Remove 1 cup bean mixture from pan with a slotted spoon; place in a bowl. Mash beans with a fork.



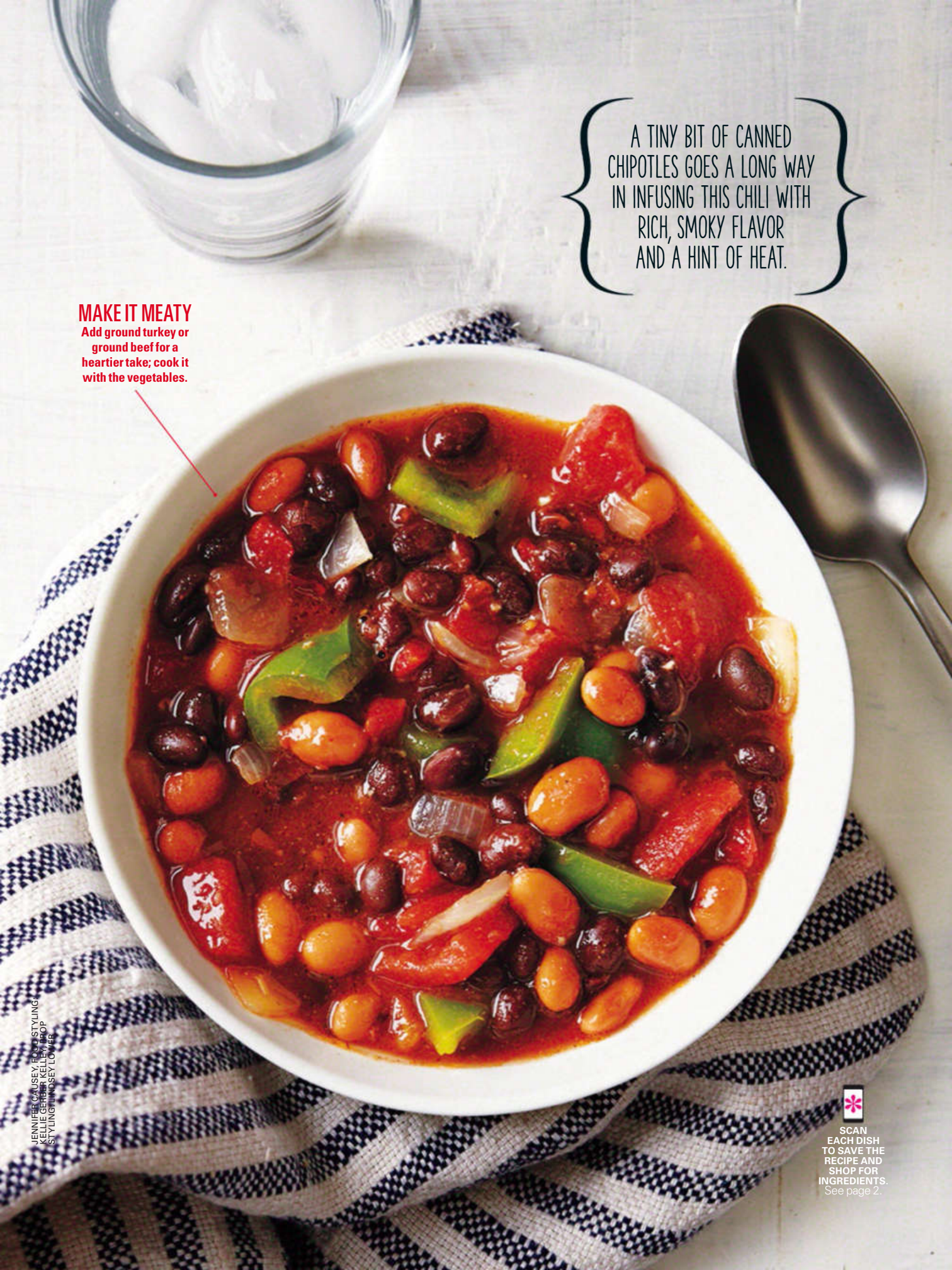
6

Stir mashed beans into chili. Simmer 5 more minutes.

TASTY!

PER SERVING 233 Cal., 4g Fat (1g Sat.), 0mg Chol., 11g Fiber, 12g Pro., 38g Carb., 655mg Sod.





A TINY BIT OF CANNED  
CHIPOTLES GOES A LONG WAY  
IN INFUSING THIS CHILI WITH  
RICH, SMOKY FLAVOR  
AND A HINT OF HEAT.

### MAKE IT MEATY

Add ground turkey or  
ground beef for a  
heartier take; cook it  
with the vegetables.





The tastiest ideas—straight from your kitchen

# *Readers' Favorite Recipes,* **ALL UNDER \$10!**

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share-your-recipe](http://allyou.com/share-your-recipe).



**SUSAN'S**  
**RIGATONI WITH KALE**  
**AND BUTTERNUT SQUASH**

**NAME** Susan Cornett **AGE** 33

**JOB** Clinical lab scientist

**HOMETOWN** Livermore, Calif.

**ALSO AT HER TABLE** Her husband,  
David, and their son, Joshua,  
and daughter, Aviel

A serrated peeler  
makes short work  
of preparing  
butternut squash  
without wasting  
much flesh.



## RIGATONI WITH KALE AND BUTTERNUT SQUASH

**COST PER SERVING** \$2.07

**HANDS-ON** 20 min.

**TOTAL** 1 hr. / **SERVES** 4

- 4 slices bacon, chopped
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- ½ tsp. allspice
- ½ tsp. pumpkin pie spice
- 4 cups packed stemmed and chopped kale leaves
- 1 cup low-sodium chicken broth
- Salt and pepper
- 1½ lbs. butternut squash, peeled, cubed
- 8 oz. rigatoni
- ½ cup grated Parmesan
- ½ cup half-and-half
- ¼ cup ricotta

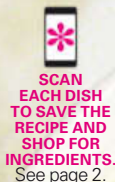
❶ In a large skillet over medium heat, cook bacon, stirring, until crispy, about 5 minutes. Transfer bacon to paper towels to drain. Discard all but 1 Tbsp. bacon fat from skillet.

❷ In same skillet over medium heat, sauté onion until translucent, about 4 minutes. Add garlic, spices, kale and ¼ cup broth. Cook until kale is wilted, 2 to 3 minutes. Season with salt and pepper. Remove from heat.

❸ Bring a large pot of salted water to a boil. In a medium pot, bring squash and remaining broth to a boil. Cover, reduce heat to low and simmer until squash is tender, 12 to 14 minutes. Transfer ½ of squash to skillet. Using an immersion blender, puree remaining squash until chunky; add to skillet.

❹ Add rigatoni to boiling water; cook until al dente, about 12 minutes or as package label directs. Drain, reserving ½ cup cooking water. Add pasta, Parmesan and half-and-half to skillet. Toss quickly over low heat until warmed through, adding pasta water to thin if needed. Season with salt and pepper. Divide into 4 bowls; top with ricotta and bacon.

**PER SERVING** 442 Cal., 11g Fat (5g Sat.), 28mg Chol., 6g Fiber, 21g Pro., 70g Carb., 535mg Sod.



SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 2.

Garnish with chopped chives or scallions for a loaded-baked-potato effect.



### LYNSEE'S CREAMY POTATO SOUP

**NAME** Lynsee Kessler **AGE** 30

**JOB** Homemaker

**HOMETOWN** Bennett, Colo.

**ALSO AT HER TABLE**

Her husband, Nathan, and their sons, Isaiah and Eli

## CREAMY POTATO SOUP

**COST PER SERVING** \$1.92 / **HANDS-ON** 25 min. / **TOTAL** 40 min. / **SERVES** 4

- 6 slices bacon, chopped

- 1 Tbsp. olive oil

- 1 onion, finely chopped (about 1 cup)

- 1 cup chopped carrots

- 1 cup chopped celery

- Salt and pepper

- 3 baking potatoes (about 1½ lbs.), peeled, cut into 1-inch chunks

- 3 cups low-sodium chicken broth

- ½ cup milk

- 4 oz. cream cheese, at room temperature

❶ In a large skillet, cook bacon over medium heat, turning frequently, until browned and crisp, 10 to 12 minutes. Transfer bacon to paper towels to drain. Once bacon has cooled, crumble.

❷ Warm oil in a large pot over medium heat. Add onion, carrots and celery. Season with salt and pepper. Cook, stirring often, until vegetables have softened, approximately 5 minutes. Add potatoes and broth. Bring to a boil over high heat; reduce heat to medium-

low and simmer. Cook until potatoes are tender, about 12 minutes. Using an immersion blender, puree soup until smooth.

❸ Over medium heat, whisk milk and cream cheese into soup, stirring constantly until cream cheese has fully melted, about 4 minutes. Season with salt and pepper, if desired. Divide among 4 bowls, then top with bacon.

**PER SERVING** 540 Cal., 35g Fat (13g Sat.), 64mg Chol., 4g Fiber, 16g Pro., 43g Carb., 723mg Sod.





**JODI'S**  
**PENNE WITH SAUSAGE**  
**AND PEPPERS**

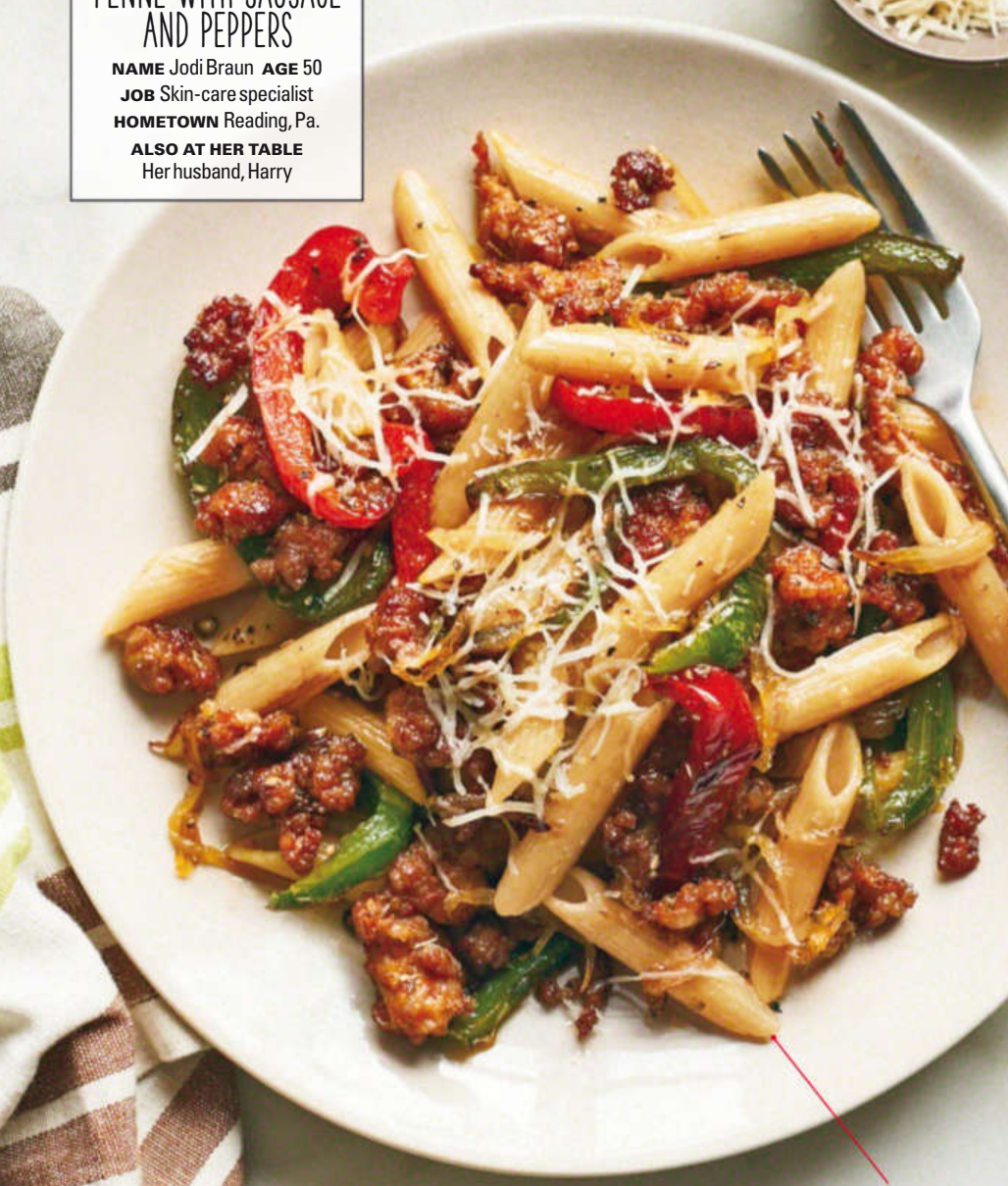
**NAME** Jodi Braun **AGE** 50

**JOB** Skin-care specialist

**HOMETOWN** Reading, Pa.

**ALSO AT HER TABLE**

Her husband, Harry



Rotini and farfalle  
(corkscrew and  
bow-tie pasta)  
also work well in  
this dish.



SCAN  
EACH DISH  
TO SAVE THE  
RECIPE AND  
SHOP FOR  
INGREDIENTS.  
See page 2.

**PENNE WITH SAUSAGE**  
**AND PEPPERS**

**COST PER SERVING** \$1.50

**HANDS-ON** 15 min.

**TOTAL** 40 min. / **SERVES** 6

**Salt and pepper**

**1 lb. penne**

**1 Tbsp. olive oil**

**1 lb. sweet or hot Italian**  
**sausage, removed from**  
**casings**

**1 large red bell pepper,**  
**seeded, thinly sliced**

**1 large green bell pepper,**  
**seeded, thinly sliced**

**1 small onion, halved, thinly**  
**sliced**

**2 tsp. garlic-herb seasoning**

**1 tsp. Italian seasoning**

**Grated Parmesan for**  
**serving, optional**

**1** Bring a large pot of salted water to a boil. Cook penne until al dente, approximately 9 minutes or as package label directs. Drain, reserving ½ cup cooking liquid. Return pasta to pot.

**2** Warm oil in a large skillet over medium heat. Add sausage and cook, stirring to break up chunks, until no longer pink, 5 to 6 minutes. Remove sausage to a plate, and pour off all but 1 Tbsp. fat.

**3** In same skillet, cook peppers, onion and seasonings over medium heat, stirring occasionally, until vegetables are tender, about 12 minutes. Add sausage to pepper mixture; cook, stirring, until warmed through, about 30 seconds. Taste and season with salt and pepper, if desired.

**4** Add sausage mixture to pasta. Toss to combine, adding cooking liquid as necessary to moisten. Serve hot, topped with Parmesan if desired.

**PER SERVING** 412 Cal., 8g Fat (3g Sat.), 23mg Chol., 3g Fiber, 22g Pro., 61g Carb., 531mg Sod.

**A lighter take** For a leaner protein, substitute ground turkey or sliced chicken breast.





Here's our  
**TASTIEST**  
**FAMILY**  
*Recipe.*

**NOW**  
**SHARE**  
*Yours.*

## SAUSAGE CORNBREAD STUFFING

### INGREDIENTS:

**1 16-oz. pkg. Jimmy Dean® Premium Pork Sausage (Sage or Regular)**  
2 cups celery, chopped  
1 cup onion, finely chopped  
4 cups cornbread, toasted & chopped  
1/4 cup fresh parsley, chopped  
1 tsp. poultry seasoning  
1 cup chicken broth  
1 egg, lightly beaten  
1/2 cup pecans, chopped (optional)

### DIRECTIONS:

1. **PREHEAT** oven to 325°F. Cook sausage, celery and onion in large skillet over MEDIUM-HIGH heat 8-10 min. or until sausage is thoroughly cooked; drain. Spoon into large bowl.
2. **ADD** cornbread, parsley and seasoning; mix lightly. Add in broth, egg and mix until blended. Stir in pecans.
3. **SPOON** into lightly greased 2-quart casserole or soufflé dish; cover and bake 45 min. or until thoroughly heated, uncovering after 35 min.

**PREP TIME:** 20 min. **COOK TIME:** 45 min.

**COOK'S TIP:** To toast cornbread, bake at 400°F for 10 min.

SHARE YOUR FAVORITE SAUSAGE RECIPE, AND THE STORY BEHIND IT, USING **#JDFAMILYTABLE** AND YOU COULD BE FEATURED.



*Shine On.*





**FOUA'S  
HONEY-ROASTED  
BRUSSELS SPROUTS**

**NAME** Foua Vang **AGE** 27

**JOB** Stay-at-home mom

**HOMETOWN** St. Paul, Minn.

**ALSO AT HER TABLE**  
Her husband and their baby

This simple, hearty side dish cooks in the oven while you're preparing the main course.

SCAN  
EACH DISH  
TO SAVE THE  
RECIPE AND  
SHOP FOR  
INGREDIENTS.  
See page 2.

## HONEY-ROASTED BRUSSELS SPROUTS

**COST PER SERVING** \$2.04 / **HANDS-ON** 10 min. / **TOTAL** 50 min. / **SERVES** 4

- 1 lb. Brussels sprouts, trimmed, cut in half
- 2 Tbsp. olive oil  
Salt and pepper
- 2 Tbsp. honey
- 1 cup dried cranberries
- ½ cup sliced almonds

- 1 Preheat oven to 350°F. Put Brussels sprouts and oil in a large bowl. Season with salt and pepper and toss to coat.
- 2 Spread on a rimmed baking sheet in a single layer, cut side down, and roast until tender and edges are starting to brown, about 35 minutes.

- 3 Drizzle Brussels sprouts with honey and sprinkle evenly with cranberries and almonds. Bake until honey has melted and cranberries and almonds are warmed through, about 5 minutes more. Serve.
- PER SERVING** 300 Cal., 13g Fat (2g Sat.), 0mg Chol., 8g Fiber, 6g Pro., 46g Carb., 175mg Sod.





THE ART OF  
MAC & CHEESE



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OUR EXPERT  
**CHERYL SLOCUM**,  
senior food editor,  
*CookingLight*

# Smart Food Advice

Helpful tips to make your time in the kitchen easier and tastier



For a festive touch, stick a cranberry on top of the batter before baking.

## Incorporate holiday sides into breakfast

### Cranberry Sauce—Filled Muffins

Stir up the batter for your favorite corn muffins. Fill paper-lined muffin cups with ½ of the batter. Top each with a heaping teaspoon of cranberry sauce, then spoon on remaining batter. Bake as recipe directs.

### Cheesy Potato Pancakes

Combine 2 cups mashed potatoes, 1 egg, ¼ cup Parmesan and ⅓ cup mozzarella. Season with salt and pepper. Shape mixture into patties. Warm olive oil in a nonstick skillet and sauté pancakes until golden and crispy on both sides.

### Wild Rice, Mushroom and Bacon Frittata

Heat oven to 400°F. Stir ¼ cup each sautéed mushrooms and onions, ¾ cup cooked wild rice and 3 slices crumbled, cooked bacon into 6 lightly beaten eggs. Cook in a large ovenproof skillet over medium heat for 4 minutes. Transfer to oven; bake until set and golden on top, approximately 8 minutes.

## Dessert just got even better

Nothing against leftover pie, but kids and adults alike love this new spin, which makes the most of the last licks of Thanksgiving dessert. As a bonus, you can stretch a single slice of pie into a treat for two!

### Pie à la Mode in a Cone

- 1 Cut 1 slice of chilled leftover pie (about 7 oz.) into small pieces (up to ½ inch). Freeze pie pieces until firm.
- 2 In a bowl, fold frozen pie pieces into ⅔ cup softened ice cream. Cover mixture with plastic wrap and freeze until firm.
- 3 Scoop mixture into 2 cones.

### TRY THESE FLAVOR COMBINATIONS





# WELCOME TO THE CLUB

## SNACK BAR

### TODAY'S SPECIALS

THE VEGGIE  
CLUB

THE PB&J  
CLUB

THE HAM & CHEESE  
CLUB



Turn your kitchen into the family snack bar  
with light, flaky, buttery **Club® Snack Crackers**.  
For satisfied customers, every time.





The  
THANKSGIVING  
LEFTOVERS  
Edition



EDITORS'  
PICK

## THANKSGIVING DINNER REDUX

This four-piece, stackable microwave cooking set is designed to cook raw foods in no time flat (see above)—but you also can use it to reheat all your leftovers at once. Stack up the turkey and trimmings and pop it all in the microwave. You'll have a hot meal in about five minutes.



SCAN THE  
COOKING SET  
TO BUY IT.  
See page 2.

M-Cuisine stackable  
cooking set, \$42;  
josephjoseph.com.

GETTY IMAGES (TACOS, MASON JAR)

## Snack on leftover turkey

Skip the next-day sandwiches and begin a healthier tradition: turkey tacos. Two slices of bread contain about 220 calories and 3 grams of fat, compared with the 100 calories and 1½ grams of fat typically found in 2 corn tortillas. And corn tortillas have about half the sugar and double the fiber of bread. If you've still got the works, toss ½ cup shredded, warmed turkey with 2 Tbsp. tomatillo salsa and 1½ Tbsp. sliced green onions. Mix ¼ cup cranberry sauce with ½ tsp. adobo

sauce. Warm ¼ cup stuffing. Heat 2 tortillas in a large skillet, 1 minute per side. Sprinkle each with 1½ Tbsp. Cheddar or Jack cheese and heat until melted. Layer each tortilla with turkey mixture, 2 Tbsp. stuffing and 2 Tbsp. cranberry mixture. What if the bird's the only thing left from Thanksgiving? Warm up the turkey and spoon it into tortillas with whatever you have on hand, such as cooked corn, bell peppers, chickpeas and avocado.



Forget turkey  
sandwiches—it's  
time for tacos!

## Reason No. 487 we ♥ mason jars

Have a little wine leftover? Sitting in the bottle (recorked and in the refrigerator), it can maintain its flavor for only a day. Keep it fresher with this clever trick: Set a mason jar in the sink and pour your leftover wine into the jar, all the way up to the brim. (A little wine should spill over, ensuring that there will be practically no air left in the jar to oxidize the wine.) Screw on the lid. Now it can keep in the fridge for up to a week—no fancy gadgets required.





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# \*yourfamily

FUN FOR ALL AGES, EXPERT PET ADVICE AND NEW WAYS TO CONNECT WITH LOVED ONES



## WALK INTO THE HOUSE WITHOUT TEXTING

You don't want your children to be afraid to run up and greet you or your husband because they know they'll be told, "Shhh, I'm trying to send this." Fire off any text or e-mail messages before you open the door or, if you truly must address a message that moment, put your phone in your bag or pocket, greet the kids, then step away to an empty room to reply.

Source: Catherine Steiner-Adair, EdD, a Harvard-affiliated clinical psychologist and author of *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*

## STASH YOUR PHONES AT DINNER

Keep them all in a designated spot in another room—far enough so they aren't visible and you can't hear the dings and rings that otherwise would disrupt your mealtime conversation. Few calls or texts can't wait the 30 minutes it takes to have a family-focused meal.

## WAKE UP 10 MINUTES EARLIER

Use that time to answer any e-mail or text messages before your kids rise. Then, once they're out of bed, you can give them your tech-free attention. (Be honest: Aren't you more likely to respond in an annoyed tone when you hear "Mom, where's my other sneaker?" while you're posting on Facebook?) Plus, if your kids don't see you on your phone in the a.m., they'll be less inclined to turn to theirs.

# CUT SCREEN TIME *At Home*

Want kids off their electronic devices? Set a good example. Here are ways to disconnect so your little ones fall in line

**'HOW I UNPLUG'** *"My phone was distracting me from living in the present, so I started muting all text and media notifications. Now when I am with friends or family, I set my device to take messages without ringing. And when my phone really becomes my taskmaster, I'll turn off the data/Wi-Fi and convert my smartphone into just a telephone. Imagine that!"* —Michelle Stewart, 61, Helena, Mont.





THEY FOUND THEIR CAUSE

# ‘We Help Other Women, Veterans’

THEY SERVED THEIR COUNTRY WITH HONOR,  
ONLY TO FIGHT OTHER BATTLES—AGAINST  
HOMELESSNESS, INJUSTICE AND PTSD—ONCE BACK HOME.  
NOW THESE THREE FEMALE VETS LEND A HAND  
TO THEIR SISTER SOLDIERS WHO FACE THE SAME STRUGGLES

*By Alison Gwinn*



# GIVING SHELTER AND MORE

JAS BOOTHE, 37 | HAYMARKET, VA.

## FOUNDER, FINAL SALUTE

**IN AUGUST 2005**, Jas Boothe, then an Army reservist stationed at Fort McCoy, Wis., was 30 days away from shipping out to Iraq when a fellow soldier came up to her. “He said, ‘Ma’am, you’re from New Orleans. Do you realize a hurricane just hit your city?’” she recalls. “I told him, ‘Oh, hurricanes hit New Orleans all the time. It’s no big deal.’ He replied, ‘Well, this one is a big deal.’ I turned on the TV news and saw what Katrina had done. That’s when I realized that my son, Brandon, and I had lost everything we owned. All I had was the uniform on my back.”

The good news was that 9-year-old Brandon was safe with Jas’ aunt in Missouri. The bad news came a few weeks later when Jas went to see a doctor for what she thought was training fatigue. Instead, she learned she had an aggressive head, neck and throat cancer. No longer able to deploy, Jas began a six-month hospital stay in San Antonio (“my son thought I was overseas”), during which she underwent two surgeries and 32 cycles of radiation.

The treatments got rid of the cancer, but when Jas was released from the hospital, she realized her problems were far from over. “I didn’t have a job,” she says. “I no longer had a home. And when I asked the Veterans Administration to help me get back on my feet, they didn’t see me as a woman veteran but a single mother. They told me to apply for food stamps or welfare.”

Jas joined her son in Missouri—she slept on her aunt’s sofa—and within a year was offered a full-time gig working as an Army human resources officer in Washington, D.C. In 2008, she was called up to deploy for a year

in Kosovo—an opportunity she relished. “I felt that my earlier deployment had been taken away from me by the cancer, and it was important to fulfill my duty,” she recalls. “I wanted to complete my mission.”

But she could not forget how she had been treated as a homeless female veteran. After she returned to her stateside job, she happened to switch on a 2010 Oprah Winfrey show. “She was talking about how there were tens of thousands of homeless women veterans,” Jas says, “and I thought, This can’t be right.”

“I thought I was a fluke, but five years after my ordeal, there were still no services for women like me, and that made me sick to my stomach. That was my ‘aha!’ moment.”

That year, using “every penny” of the \$15,000 limit she had on her credit card, she launched Final Salute, a 501(c)(3) organization that provides emergency financial assistance, shelter, career counseling and child care to homeless female veterans, of whom there are an estimated 55,000 nationwide. At the time Final Salute launched, she was a full-time active-duty soldier, so she worked on the

organization at night and on weekends. “I knew that if I waited until I got out, even more of my sisters and their children would be sacrificed,” says Jas, who is still with the

Army Reserve. “I had to get the nonprofit going.”

Under Jas—now married to a Marine combat veteran, Jammal Boothe Sr., and the mother of a second son, Jammal Jr., 5 (Brandon is now serving in the Air Force)—Final Salute has opened two transitional homes, one in Virginia and one in Ohio. It has helped more than 900 women in 30 states and territories and has raised more than \$1 million. “These women have been in the military, so they know how to pick themselves up, but sometimes they need a little help,” she says. “I raised my hand and took an oath never to leave a fallen comrade, whether in the battlefield or not. As long as I have breath in my body, I am going to honor it.”

Jas (right) with resident assistant Mary Curry at a Final Salute transitional home in Northern Virginia

**“Every former soldier should have a place to call home.”**





Ruth on her farm in Maine with daughter Samantha and husband Butch

## FIGHTING FOR THOSE WHO WERE VICTIMIZED

**RUTH MOORE, 46 | MILBRIDGE, MAINE**

FOUNDER OF INTERNITY AND NAMESAKE OF THE CONGRESSIONAL RUTH MOORE ACT OF 2015

**WHEN RUTH MOORE** enlisted in the Navy in 1986, she was a bright-eyed recent high school graduate who dreamed of “seeing the world.”

But after she completed boot camp at age 18 and was sent to a remote duty station in the Azores, those dreams changed to nightmares. A few months into her duty, she was raped by her supervisor; when she reported the rape to her chaplain, she recalls, “He said, ‘Don’t make a big deal of this. If you want a Navy career, move on.’” On learning

she’d reported him, the supervisor retaliated by raping her again. Ruth contracted a sexually transmitted disease, lost her security clearance, attempted suicide and was eventually sent to a Navy hospital for treatment. After being honorably discharged, she was advised to waive all claims against the U.S. Veterans Administration.

But back in civilian life, the crime haunted her: Her first marriage, to a fellow soldier, fell apart. She began experiencing a range of debilitating symptoms including migraines, vertigo and night terrors.


She applied for full benefits from the VA eight times, and was denied each time. In 2009, she finally was given a military sexual trauma coordinator, who helped her receive 70 percent of her benefits after discovering that many of Ruth’s medical records had been deleted from her file. Four years later, the VA acknowledged its error in not recognizing her disability; in June 2014 she received a \$405,000 settlement for back benefits.

With the help of that money, Ruth and her second husband, Butch, have started the nonprofit Internity, which works one-on-one with veterans to, she says, “empower other survivors of military sexual assault to find their voices and rebuild their lives.” They also have taken Ruth’s story to a wider audience. “Twenty-six years after I was raped, I realized that people needed to know what had happened to me, so it wouldn’t happen to others,” she says. “Something changed inside of me. I didn’t feel like a victim anymore. I was angry, and I thought, I am not going to hide anymore.”

In 2012, U.S. Rep. Chellie Pingree, D-Maine, asked Moore if she would lend her name to legislation before Congress that would make it easier for service members who suffer from post-traumatic stress disorder (PTSD) because of military sexual assault to get help from the VA and to require the administration to report the number of such claims it receives. The Ruth Moore Act of 2015 passed the House during the summer; at press time, it was scheduled to go before the Senate. “If this legislation passes, it does nothing for me, but it does help military sexual trauma survivors with PTSD over the next decade,” Ruth says. “Through our work, we are making change.”

**“I want to empower other survivors of sexual assault to rebuild their lives.”**





"Our service doesn't end when we come home," Genevieve says of female vets.

## ENSURING THAT FEMALE SOLDIERS AREN'T IGNORED

**GENEVIEVE CHASE, 37 | SUN VALLEY, IDAHO**  
FOUNDER, AMERICAN WOMEN VETERANS

### **ARMY RESERVE SOLDIER**

Genevieve Chase was working as an intelligence specialist with the 10th Mountain Division in Afghanistan in 2006 when the armored truck in which she was riding was attacked by a vehicle packed with explosives and rockets. She survived, but after the explosion, she says, she had a major existential crisis: "I felt like I had to have a larger purpose in life."

It would be several years before Genevieve—an Army brat and self-described "born leader"—figured out what her larger purpose was: to found the nonprofit American Women Veterans. But first, she had to finish her service in Afghanistan. "After the explosion, my body was incredibly sore, and my brain actually hurt—it felt like it was swelling," Genevieve recalls. "But I didn't tell anybody, because I wanted to finish my

mission." It was only after returning home and reading about brain-injury symptoms and PTSD that Genevieve's next mission in life became clear. "I wanted to create a support network for my fellow soldiers," she says, "to find a way to serve not just by deploying but by serving others who had deployed."

Genevieve began getting involved with veterans advocacy work but soon discovered that women's needs were being ignored. "We had women going to VA clinics and being turned away from PTSD support groups because people believed women were not in combat," she says. "It would have taken too long to turn the 'old boys' organizations around, so I started a club for girls."

First, she did a Facebook posting, inviting female veterans to come to a brunch in New York City to discuss their issues. "After hearing their stories, I thought, I have to do

something to support women veterans," she says. "I knew this was my destiny—this was why I had survived that explosion."

Since launching in August 2009, American Women Veterans has worked to raise awareness about the role that generations of women have played in the military. Genevieve, now a sergeant first class in the Army Reserve, has

received a Purple Heart, a Combat Action Badge and a Bronze Star. She advises members of Congress on issues affecting female veterans and works with universities, communities and

the military to acknowledge female vets' contributions.

"Women make up over 15 percent of the military. We're the fastest-growing demographic, and we're only growing in number," she says. "My dream is for American Women Veterans to be around 150 years from now."

**"We need to acknowledge the contributions of women veterans."**



# Most stress-free Thanksgiving

## ➔ Send out invitations

Calling those on your guest list just leads to headaches. Send proper invites at least three weeks in advance. Consider turning to Evite ([evite.com](http://evite.com)) or Paperless Post ([paperlesspost.com](http://paperlesspost.com)). The two sites gently remind those who forget to RSVP, so you don't have to nag. Specify a dress code. And, if you're hosting a potluck, use SignUp Genius ([signupgenius.com](http://signupgenius.com)) so folks can volunteer to bring a specific dish. (Ensure everyone won't need to reheat something upon arrival.)

YES, YOU CAN HAVE A HOLIDAY MEAL WITHOUT HASSLE—EVEN IF YOU'RE THE ONE IN CHARGE. FOLLOW THESE 10 SIMPLE STEPS AND IT'S AS EASY AS (PUMPKIN) PIE

## ➔ Devise a menu

Include as many make-ahead dishes as you can (for ideas, see our Thanksgiving menu story on page 46). Avoid any dish that requires preparation in individual portions (no crème brûlée!) or that needs constant supervision on the stove. Map out what needs to cook when (and for how long and at what temperature) to be sure you have enough burners and oven space. For instance, while the cooked turkey is resting, you can plan to bake your rolls and a casserole at once.

AVOID RUFFLED FEATHERS.

## ➔ Front-load your to-do list

Baked treats, including pie crusts, can be made and frozen a month ahead. Just freeze the dough right in the pie pan. Better yet: Whip up a crumble that doesn't require a crust. Polish off prep work, such as peeling and dicing onions and chopping celery, a day or two before the feast.



**TURKEY-DAY ESSENTIALS.**

**1 Stock the kitchen cabinets**

Be sure you have enough place settings, serving dishes and kitchen essentials, including a baster, a meat thermometer and a carving set. Make note of any extra dining chairs you might need to rent or borrow. And consider getting a coat rack if you're expecting a crowd.

**2 Draw up a seating chart**

Position yourself near the kitchen so you can move back and forth discreetly, and put your partner at the opposite end. Tension between relatives? Split them up. Do the same with long-married couples to keep things lively (but sit new couples together). Be sure to put lefties on corners.

**3 Prep the house to save time**

Line the trash can with two bags so you can take out a full one and have the second in place. Wipe down the bathroom and kitchen counters. Dust surfaces in the living and dining areas, but don't go crazy—simply dim the lights come turkey time.



Dress the part before dressing the turkey.

**Choose the right outfit**

Don't take your style cues from *Modern Family's* Gloria. Instead, try cropped pants and sparkly flats. Avoid tight clothes that make bending over the oven tricky, as well as high heels and anything that's difficult to clean.

**4 Clean as you go**

Don't wait until you've served dinner to tackle the dishes or you'll be stuck in the kitchen all night. At the least, wash big items—the roasting pan, large pots—and scrape plates and place them in the sink or a large bin filled with soapy water. Don't forget to designate a few helpers (your teenage kids, say) to assist with cleanup.

**SORRY, PUP, YOU'RE NOT INVITED.**



**5 Put your pets away**

Although your dog or cat might normally have the run of the house, keeping pets away from the action is a good idea. A lot of people are allergic, and even if your guests aren't, you certainly won't be able to keep an eye on Fido all evening to ensure he isn't grabbing turkey off the buffet or jumping in your cousin's lap.

**6 Keep kids busy**

Avoid the stress that comes when little ones jump on the couch or wash their dolls in the punch bowl by designating a room where they can watch a movie and munch on snacks. Other options: Set up an easy craft, such as tracing their hands to make turkey-shape place cards, or put out sugar cookies with sprinkles and tubes of icing and let them decorate their own treats.



**A FOOD COMA AND PILES OF DISHES? NOT COMPATIBLE.**

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**CLEAN SLATE**

Weeks before, start clearing out your fridge to free up shelf space for the big meal.



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Venture 30 power pack, Goal Zero, \$100; amazon.com.



### ALL-IN-ONE EMERGENCY TOOLS

These devices (keep one in the glove compartment) can get you through a crisis by cutting a seat belt, breaking a car window, sending out an alarm and more. BodyGard XL7 emergency tools, Swiss+Tech, \$25 for 2; amazon.com.



### EMERGENCY RADIO

Stuck without power? This hand-crank radio can access weather channels as well as AM and FM stations.

Mini emergency radio, \$40; llbean.com.



### BATTERY RECHARGER

Plug this 1-pound jump-starter into your cigarette lighter to restart your engine without having to lift the hood. You can also use it to jump-start your car the traditional way, with cables and clips. Power to Go charger, Black and Decker, \$50; home depot.com.



SCAN THIS IMAGE TO BUY THE PRODUCTS ON THIS PAGE.  
See page 2.

# 10 Ways to Winter-Proof Your Car

Prep your vehicle for tough travel conditions with these simple cold-weather tricks and budget-friendly essentials

## Get rid of snow and ice on the windshield and windows

- Prevent icy buildup on wiper blades by covering each one overnight with a long sock. Secure the socks with rubber bands.

- Spray a mix of 3 parts vinegar and 1 part water on windows before freezing precipitation falls. You still might have to brush off snow but won't have to scrape any ice. If ice has formed already, use a clean cloth and rubbing alcohol to melt it faster.

- Cover your windshield with an old area rug overnight (tuck edges under the wipers).



## Unfreeze the doors and locks

- Squirt hand sanitizer on the lock and insert your key to unfreeze it (you might have to wiggle it a bit).

- Dip your key in petroleum jelly, then put it into the lock, turning the key back and forth a few times.

- Coat the rubber strip around car doors with cooking spray to stop ice from forming and make doors easier to open.

## Keep the windshield fog-free

- Fill a sock with kitty litter, tie off the end and leave it on top of the dashboard overnight. It will help absorb moisture, preventing fog from clouding the windows. (It'll remove any nasty odors, too!)
- Spray shaving cream on the inside of the windows; wipe away with a clean, dry cloth.



## Assist the tires

- Treads spinning on ice? A few scoopfuls of kitty litter can help them gain traction.
- Create a smooth path for your tires in slushy areas by sliding flattened cardboard boxes underneath (keep a couple stashed in the trunk).





# Road Trip Survival Tips

When you hit the road with your family, you want to make sure that everything runs according to plan. From your vehicle's engine to your precious cargo, **Mobil 1<sup>®</sup> Synthetic Motor Oil** and **ALL YOU Reality Checkers<sup>®</sup>** are here to help make your next road trip a drive to remember.

## Plan ahead

“ I always create a packing list as well as a 'vacation box'. The box includes things I either buy in advance or have around the house. I shop sales and try to save as much money as possible ahead of time! ”

Aimee D., Plano, TX

## Stop at Walmart

### to save money on the road

“ I buy all of our snacks and beverages at Walmart before hitting the road so that we do not have to get them at the gas stations or fast food restaurants. ”

Kris L., Rhinelander, WI

## Keep the kids entertained

“ With a 6 and 12 year old we make sure we have plenty of activity books and chargers for electronics. ”

Reagon D., Colorado Springs, CO

## Take memorable breaks

“ I enjoy getting in the car and finding neat places to stop along the way. Unplanned stops make the best memories. ”

Lindsay W., Dumas, AR



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# 'My Pet Is My Hero'

See how these super dogs and cats came through in the clutch to help people who needed them

## MY DOG COMFORTED ME DURING MY HUSBAND'S DEPLOYMENT

I was pregnant and living in North Carolina with my husband, our two kids and our Yorkie, Charlie, then 5 years old, when my husband first got deployed to Afghanistan. We weren't near any of our family or friends at the time, so his deployment was really hard on me. Part of your soul goes missing when your husband is deployed; I felt stressed and lonely, and I didn't sleep well during those months he was gone. But Charlie was a wonderful companion during that difficult period in my life. He would snuggle with me if I was feeling ill due to my pregnancy. Or if I was paying bills on the

computer, he would curl up behind me on the chair. Nights were the loneliest, especially when the kids were asleep, so if I was reading or watching TV, he sat happily by my side. My husband has since gone back to Afghanistan a few more times—for very long stays. And every time he has left, Charlie has stepped it up—he'll even bark and act like a tough guard dog (despite his small size) to make us feel protected. Dogs are more intelligent than I think people give them credit for, and I believe Charlie knew that my husband was going to be gone for a while, and that he had an important job to do at our house.



Vicki Neulinger, 34, of Fredericksburg, Va., with Charlie, her Yorkie





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## “My cat knows I’m sick before I do”

I got an ulcer after multiple stomach surgeries, and it still causes me serious problems sometimes. But my 14-year-old rescue cat, Sandi (he’s a boy), can always sense when I am going to have trouble—like if the ulcer is bleeding—often even before I do. I won’t even be feeling pain, but I’ve learned that if he kneads my stomach in one spot, I should call my doctor. He’s always right. A few times I ignored his warning and put off visiting the doctor’s office because I felt fine. But sure enough, I ended up needing to go to my gastroenterologist a day or two later. It now worries me

when Sandi wants to come over and cuddle by my stomach! But he is such a blessing and has been my champion through my physical pain. Sandi is so intuitive, and I’ve learned to listen to him, even if it scares me!



Michele Ziemann, 47, of Unadilla, Neb., with her cat, Sandi



Karma Lewis, 44, of Caldwell, Idaho, with Bella, her silky terrier

## “MY DOG WATCHED OVER ME DURING A HEALTH SCARE”

In December, I was feeling really off; I have diabetes, and my sugar levels were either sky-high or bottoming out—which is uncommon for me. One weekend, I knew something wasn’t right, and surprisingly, so did our dog. Our 4-year-old pup, Bella, sleeps at the foot of our bed, between my feet and my husband’s. But that weekend Bella was acting strange—we couldn’t figure out what was going on. Bella was determined to sleep right next to my chest; she wouldn’t even let me sleep near my husband—she had to be that close to me. In the middle of the night, she nudged me awake, and I realized

my blood sugar was so dangerously low I had to get up and eat a meal to keep it from plummeting further. Thankfully, I was able to get in touch with my doctor later that weekend and make a last-minute appointment. It turns out they needed to lower my medication dosage. Within a few days my sugar levels were 100 percent better. And just like that, when I recovered, Bella went back to sleeping at our feet. I know that if I ever have another health issue, Bella will alert my husband or wake me up so that I eat something. She’s my little service dog, and we’ll always have a special bond because of what she did.





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11-14

## PENCIL IN FAMILY MEETINGS

Many busy families don't set aside much time to connect. Yet holding regular family meetings comes with perks. Mainly, it helps improve communication—which reduces conflict and even spills over into improved academics and social skills for children. The great news is that parents can set up regularly scheduled family meetings that are even (gasp) fun.

First, establish a meeting schedule—weekly is a good way to start. During the meetings, make sure all members of the family have a chance to offer ideas, discuss upcoming events or address issues. It's a great time to focus on family values, too. Parents can do that with discussions about the kids' relationships, activities and school. Just remember: The meetings shouldn't turn into gripe sessions, and everyone ought to speak with sensitivity, never using put-downs. Finally, stick to a time limit—who has the patience for three-hour meetings? Aim for no more than an hour. Afterward, you can play a card game or watch a movie together—something that helps your children associate the meetings with a good time.



Meetings don't have to be boring.

**DIY DRESS-UP** Even if you're not a crafty kind of mom, creative play is easy with the Design Your Own Superhero Mask kit (\$20; seedling.com), which includes everything kids need to save the world—or at least look the part—including a felt mask, glitter glue and neat decorative adhesive shapes.



SCAN THE KIT  
TO PURCHASE IT.  
See page 2.



Kristen C. Wynns, PhD, child and adolescent psychologist, is owner of Wynns Family Psychology (wynnsfamilypsychology.com) in Cary, N.C. Have a question for her? Visit [allyou.com/askwynns](http://allyou.com/askwynns).





Your kids  
are bound  
to butt  
heads.

## Is there something to those tics and quirks?

**Coughing, snorting, picking and tapping:** All of these quirky behaviors can be completely normal in a developing child. Around 10 percent of children exhibit transient tics, which typically go away on their own within a few weeks, according to the American Academy of Child and Adolescent Psychiatry. But how do you know when repetitive behaviors are no big deal and when they're a sign of something to be concerned about? (For example, tics can be due to autism spectrum disorder, Tourette's disorder, a neurological issue or stress.) Seek help from a pediatrician if the tic appears to be getting worse and takes up more time or impacts your child's ability to learn or to interact with friends. Also, don't reprimand children for the tic or tell them to stop; they might not be able to help it.

## SQUASHING SIBLING SQUABBLES

The sounds of brothers and sisters fighting echo through homes everywhere. "But, Mom! He hit me first!" Or "She's touching my chips. Make her stop!" It's enough to drive most parents batty. But the following effective strategies can bring (temporary) peace and quiet.

**1** Hold back on breaking up fights. Kids need to learn conflict-resolution skills, and if you always jump in to solve the problem, they won't be able to figure out how to do so themselves. Rule of thumb: Let them resolve it unless someone is injured or crying excessively.

**2** Encourage them to work together. If they are both misbehaving, give them a joint warning: "If you're still fighting when I get back in five minutes, we're not going to the pool and you're going to do chores today instead."

That admonishment is likely to motivate them to mutually find a solution.

**3** Minimize comparisons between siblings—which can be the basis for feelings of inferiority and might lead to nitpicking or put-downs among brothers and sisters. Praise your child for accomplishments in relation to herself, not in comparison with a sibling.

**4** Don't aim for equality, however. Instead tell kids that in the end, things balance out. In life, sometimes one person gets a good thing and the other doesn't, and that's OK. It's also fine to reward one child and not the other if one is doing an exceptional job. Make moment-by-moment decisions and don't worry about giving one child more props one day than the other. You should shoot for a balanced week, not a balanced day.

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Try this Thanksgiving lifesaver  
from *Fix-It and Forget-It*  
*Slow Cooker Magic*

## Scalloped Potatoes

Makes 8 servings • Prep. Time: 15 minutes  
Cooking Time: 3-4 hours • Ideal slow cooker size: 4 qts.

3 lbs. sliced potatoes  
1 onion, chopped  
1 cup shredded sharp cheddar cheese  
salt and pepper, to taste  
½ cup milk  
10-oz. can cheddar cheese soup  
1 tsp. dry mustard  
½ cup Parmesan cheese

1. Layer potatoes, onions, and cheddar cheese in greased slow cooker, adding salt and pepper to each layer.
2. Separately, mix milk, cheese soup, and dry mustard. Pour over layers in slow cooker.
3. Sprinkle with Parmesan.
4. Cover and cook on High 3-4 hours until potatoes are tender.

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No matter how old your kids are, it's never too early—or late—to set aside money for college. Here's a guide to launching a savings strategy now

By Emma Johnson

LEARN  
TO AFFORD  
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# HIGHER ED

IF YOUR  
CHILD IS  
YOUNGER  
THAN 7...

**GET YOUR HOUSE  
IN ORDER.**

Before you even think about setting up a college fund, make sure you're in sound financial shape generally. That means having at least six months of "emergency" living expenses (including health insurance and mortgage or rent money) in a savings account, cash invested in your company's 401(k) and a handle on credit card bills. ➔



#### OPEN A 529 COLLEGE SAVINGS PLAN.

This state-sponsored fund works a lot like an individual retirement account, meaning the money you contribute can grow tax-free—provided the funds are used for college. What's more, some states let you claim a portion of the contributions as a tax deduction. (Visit [savingforcollege.com](http://savingforcollege.com) to learn about possible benefits in your state.) Every state offers at least one 529 plan, and you're free to invest in any of them, but specifics differ from state to state, so research the plans before you invest. (Note: You won't be able to claim an in-state tax deduction if you go with an out-of-state plan.) Another option is to put college savings into a Roth IRA, which allows you to withdraw (penalty-free) money to be used for college expenses.

#### FIGURE OUT HOW MUCH YOU NEED TO SAVE, IDEALLY ON A MONTHLY BASIS.

Use the calculators at [savingforcollege.com](http://savingforcollege.com) to tally up how much to put aside. Your best investment option might be a target-date mutual fund, which automatically adjusts your investment allocation, becoming less risky as your child nears her high school graduation date. Because you're starting early, about 80 percent of your portfolio should be in stocks, with the rest in bonds, which are more conservative.

#### ENCOURAGE RELATIVES TO MAKE 529 CONTRIBUTIONS, RATHER THAN GIVE YOUR CHILD CLOTHES OR TOYS.

Most plans accept funds from third parties. One way to arrange it is to register for donations through a website, like [ugift.com](http://ugift.com). Parents set up a page on the site for their child, then connect it to their 529. Friends and family members can visit it at any time and contribute via credit card or bank transfer; the funds are directed to the child's account.

48%

THE PERCENTAGE OF FAMILIES IN THE UNITED STATES WITH KIDS YOUNGER THAN 18 WHO HAVE MONEY SAVED FOR COLLEGE.

Source: Sallie Mae

IF YOUR CHILD IS 7 TO 13...

#### MAKE UP FOR LOST TIME.

Whip out a calculator and figure out the minimum amount of money that you can afford to put away each month—then do it. Even \$75 monthly can add up nicely. (If college is a decade away, you'd have about \$9,000 by the time school starts.) Set up a target-date portfolio that's moderately risky (approximately 35 percent in stocks, 50 percent in bonds and the rest in cash.)

#### CONSIDER A PRIVATE COLLEGE 529 PLAN.

Is there a chance your child will attend a pricier private college? This plan lets you create an account to pay for school up front, at today's tuition rates, potentially saving you tens of thousands of dollars in inflation costs. You don't have to commit to a specific school in advance. After your child is accepted and enrolled at a participating school, you redeem the tuition certificates. But know this: If you don't use the money for tuition at a participating school, you'll be hit with a 10 percent penalty upon withdrawal. Find a list of the more than 270 participating institutions at [privatecollege529.com](http://privatecollege529.com).

IF YOUR CHILD IS 14 OR OLDER...

#### OPEN A 529 ACCOUNT (YES, THERE'S A THEME HERE).

Because you're starting late in the game, though, the allocation should be more conservative. Figure on a profile of about 70 percent bonds and 30 percent cash.

#### LOOK FOR FINANCIAL AID.

Visit [fafsa.ed.gov](http://fafsa.ed.gov) and fill out the free application for federal student aid to be eligible for U.S. and state need-based grants

and loans. Is your kid a whiz in science or a star on the soccer field? Call the financial-aid office at each college he might attend and ask about merit-based scholarships for academics or sports. You can find more grant money at [collegescholarships.org](http://collegescholarships.org). Also check out the scholarship search tool at [salliemae.com](http://salliemae.com).

#### LEAVE NO STONE UNTURNED.

Once your child has been accepted somewhere, ask the people in the college's financial aid office to re-evaluate their aid assessment. Offer any new information that might have affected your family's financial situation (a recent layoff, say). Private

schools, in particular, are sometimes flexible when it comes to aid, and they might be persuaded to offer additional assistance.

#### CHECK OUT THE MONEY COLLEGE PLANNER.

This resource ([time.com/money/best-colleges](http://time.com/money/best-colleges)), created by the editors at our sister magazine MONEY, is your ultimate guide to all things college. It includes more than 700 colleges that deliver great value, tools that can help you calculate costs and search for scholarships, one-on-one access to a college counselor and more. (It even offers such insider tips as how to ensure your child's application lands on the top of the stack at the admissions office.)

\$205k

THE EXPECTED AVERAGE COST OF EARNING A FOUR-YEAR DEGREE AT A STATE UNIVERSITY BY 2030.

Source: U.S. Department of Education

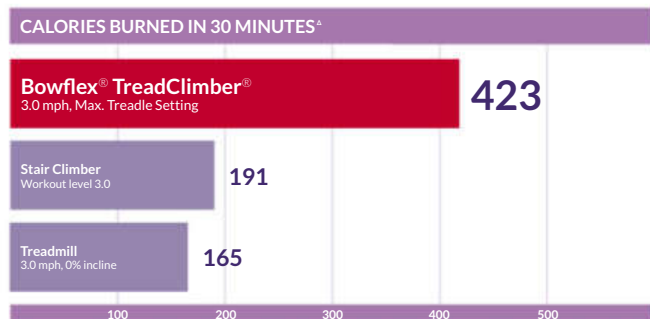


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\*Source: University of Wisconsin (TreadClimber, 2011) and Adelphi University Study (Stair Climber, 2004).

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# SNEAKY, SNEAKY!

You swore you were going to pick up only the few items on your list—so why are you leaving the mall loaded down with shopping bags? These days, retailers are using increasingly creative tactics to grab your attention and inspire you to spend (and spend...and spend). Here's how to circumvent the subtle manipulation, stick to your budget and nab some great deals in the process.

*By Sarah Stebbins*

## SEVEN HOLIDAY SPENDING TRAPS



# 1 SNEAKY STRATEGY BLACK FRIDAY BAIT-AND-SWITCH

You can snag some of the lowest prices of the year on high-end clothing, electronics, appliances and toys the day after Thanksgiving—or on the holiday itself, now widely considered to be the true start of Black Friday. But supplies of that \$98 television or tablet are limited and, if it's a “doorbuster,” are available only for the first few hours of a Black Friday sale. Once that prize is gone, you could be tempted to grab other items, at less desirable prices, to avoid leaving empty-handed. Retailers also might advertise “phantom deals”—products billed as Black Friday bargains but that haven't been discounted at all!

**YOUR SOLUTION** Evaluate your options. Before the holiday hoopla gets under way, use a resource such as [pricegrabber.com](http://pricegrabber.com) to compare prices on items that interest you. Knowing the baseline cost makes it easier to recognize a (real) deal when you see one. The week before Thanksgiving, compare retailers' current circulars with upcoming Black Friday deals (they're often “leaked” in advance) on sites such as [befrugal.com](http://befrugal.com) and [bfads.net](http://bfads.net). You might be able to snag early-bird specials that are almost as good as what's available later and stay out of the post-turkey dinner fray. (FYI: If an item is marked down after you purchased it and your credit card offers price protection, you might be eligible for a refund on the difference.) Also know that about half of what's in a retailer's Black Friday in-store circular will be available online—so you can shop in your PJs at 2 a.m., then go back to bed.

# 2 SNEAKY STRATEGY

## Sale after sale

Black Friday is followed by Small Business Saturday, then Cyber Monday, Green Monday (the second Monday in December), Super Saturday (the last Saturday before Christmas) and a myriad of other “flash” sales. A barrage of e-mail alerts and ads in your social networks broadcasts the news, instilling a sense of urgency and fear that you'll miss an amazing discount if you don't buy *today*. Those feelings, combined with the brain's release of dopamine—a neurotransmitter responsible for the rush many people feel when bargain hunting—are enough to kill your impulse control.

**YOUR SOLUTION** Ignore the hype. Unsubscribe from retailers' e-mailed newsletters and sign up for a shopping portal, such as [ebates.com](http://ebates.com) or [shopathome.com](http://shopathome.com), instead. Such sites consolidate promotions and coupons from thousands of retailers; click through to see if you can get additional rebates. (For example, [shopathome.com](http://shopathome.com) recently offered a \$15-off coupon on SodaStream sparkling water makers; after purchasing, you were eligible for 3 percent cash back, saving you a total of \$18 on a \$100 machine.) If you're part of a retailer's rewards program and like getting e-mail about exclusive savings, have the messages routed to a separate account that you check less frequently. When it comes to decorations and other seasonal items, including winter clothing, remember that prices are reduced even more as the holidays draw near. If you're willing to wait until the final shopping week, you can save up to 50 percent.

# 3 SNEAKY STRATEGY Entertaining the kids

Stores that offer free, kid-friendly activities appear to be doing parents a favor. Your child gets to pursue something constructive—whether it's a building class at Home Depot or story time at Barnes and Noble. And you get to shop with a happy tyke afterward. But the benefits swing both ways: Research shows that when your family is having fun, you feel more at ease and freer with your cash. In fact, people who troll the aisles with kids spend up to 40 percent more than solo shoppers, according to industry studies.

**YOUR SOLUTION** Don't mix business with pleasure. Bring your kids for a special in-store event, if you like, then return later to shop on your own. Even better: Take your spouse with you. Married couples typically spend 11 percent less when they shop together than when they shop separately. The reason? Bickering...er, talking through buying decisions leads to fewer purchases.







## BUDGET BETTER

*YOUR BEST DEFENSE AGAINST A FULL-COURT PRESS? A BULLETPROOF SPENDING PLAN. HERE'S HOW TO SET ONE UP—AND MAKE IT STICK.*

### SET A CAP.

Ideally, you'd squirrel away funds throughout the year in an account earmarked for holiday expenses. But if Christmas is just registering on your radar, the fallback is to figure out the total amount you can afford to spend during the next few months without incurring debt. Move the money to its own account so you aren't tempted to tap into it for non-holiday purchases. If you're unable to allocate a lump sum, consider buying some items on layaway.

### MAKE A PLAN.

Plug all your expected holiday expenses—cards, decorations, donations, entertaining, gratuities—along with the names of everyone you're shopping for into a budget-tracking website such as mint.com. Assign an estimated cost to each category, staying within the range you set, and update the list while you shop. To stay on top of gifts, use a free app, like Santa's Bag, which lets you create shopping lists and set a budget for each recipient.

### BE CAUTIOUS WITH CREDIT.

Plastic offers perks but also makes it easier to overspend. Instead, shop with cash or load holiday funds onto a low-fee prepaid card such as American Express Serve or Green Dot. They function like debit cards and offer many of the same protections, but you can't spend more than you've allocated or overdraw them. Paying with credit? Use the same rewards card for all purchases to rack up points quickly.

# \$804

HOW MUCH EACH AMERICAN SHOPPER SPENT, ON AVERAGE, ON GIFTS AND OTHER HOLIDAY-RELATED EXPENSES LAST SEASON, ACCORDING TO ESTIMATES BY THE NATIONAL RETAIL FEDERATION

**SNEAKY STRATEGY**  
**5**

## Obstruction in Aisle 12

You're buzzing through a store and nearly crash your cart into a display of *Minions* DVDs arranged in your path. You weren't planning on picking up a movie but, hey, this must be something special (maybe a deal?). People are about 35 percent more likely to purchase products arranged in unexpected spots, research indicates. But that pyramid of products isn't necessarily there to alert you to a discount; it could be designed merely to get your attention.

**YOUR SOLUTION** Remember, special display does not equal deal, so pass by such visual cues. If you do run into a truly great gift, use a bar code-scanner app such as RedLaser (free, Android, iOS) to make sure that you're getting the best price. Then put your smartphone away: Stopping to answer a call or check e-mail interrupts your focus (like Santa, you've made a list and are checking off names and purchases) and increases the likelihood that you'll make an impulse purchase.

# 4

**SNEAKY STRATEGY**

## CUE THE MICHAEL BUBLÉ MEMORY

The holiday music you're hearing everywhere isn't just festive—marketers hope it will make you nostalgic for the times you spent opening Christmas presents as a kid. In an effort to re-create those memories, you might stuff more shopping bags. Sound far-fetched? Research by consumer advocate Martin Lindstrom showed holiday shoppers spent 13 percent more when they listened to Christmas tunes rather than generic ones. Certain fragrances also make people sentimental and more apt to spend. During the holidays, merchants pump in artificially produced cinnamon, pine or mulled-cider scents—a move that, like a shot of “Jingle Bell Rock,” can increase sales. (When Lindstrom's team baked cinnamon buns in an appliance store in November and December, sales of ovens and microwaves shot up by 33 percent!)

**YOUR SOLUTION** Put potential purchases down in writing. Having something else to focus on as you stroll through the store helps draw your attention away from the tempting sounds and aromas. Another trick: Bring along your headphones and listen to music that isn't tied to the holiday spirit.



SNEAKY  
STRATEGY

6

## Marketing 'me' moments

"Our holiday wish for you" and "Find your joy" are two of the e-mail subject lines marketers used last season. The implied message? You deserve something, too. Smart idea: According to the National Retail Federation, last year 57 percent of holiday shoppers said they planned to buy for themselves. (The average amount shelled out for self-gifting was \$126.68.) Perhaps that's why retailers are sneaking products that promote a "healthy lifestyle" or "sense of purpose" into their displays (say, a stack of spirituality books next to a table full of sweaters). Such messages can be particularly persuasive as the new year approaches.

**YOUR SOLUTION** Budget for non-gifts. There's nothing wrong with picking up some things for yourself when you're shopping for others, especially if you find great deals. The key is to create a budget for those items, too, before the buying frenzy—and mental arm-twisting—begins. If you make purchases you didn't plan for, you might feel guilty—which, in turn, can make you spend even more, psychologists say.

**YOUR  
SHOPPING  
DAY PLAN**  
GET IN AND OUT—  
WITHOUT DRAINING  
YOUR WALLET

**1. EAT BEFORE YOU GO.** Hungry department store shoppers can spend almost two thirds more than those who are satiated, a University of Minnesota study found. The hypothesis: Hunger triggers our gathering instinct, and the brain doesn't distinguish between consuming food and purchasing, say, half-price shirts. To stay focused, have a nutritious meal (think: fiber, healthy fats and protein) before heading out.

**2. PLAN YOUR ROUTE.** To avoid costly detours at the mall, decide ahead of time which stores you'll hit and what you plan to buy at each. Try the FastMall app (free, Android, iOS), which contains maps of more than 1,250 malls, to plan an efficient route. Other handy features in the app let you record where you parked and help you find the nearest restroom.

**3. BUY LESSER GIFTS FIRST.** The reason: After you've coughed up \$400 for an iPad Mini, your perception of what constitutes a good price becomes distorted, researchers say, perhaps causing you to spend more on subsequent purchases.

**4. BE READY FOR THE PITCH.** The longer you listen to a spiel from a sales associate, the more you're likely to spend, so check out items online in advance. That way, you'll know what you want before you even set foot in the store. During the holidays, employees are on high alert for "novice customers." If you walk into the tech department looking like you don't know Minecraft from Mario Kart, you could be toast.

SNEAKY  
STRATEGY

7

## HAVE A SEAT

Weary? Retailers would like to help you de-stress by providing a comfortable place to kick back. More and more stores have nooks with armchairs, sometimes even with televisions. Such hospitality helps drive sales: A 2011 study in the *Journal of Marketing Research* found that relaxed consumers are willing to pay up to 15 percent more for goods than those who are more frazzled. Food also has a powerfully pacifying effect—which is why you might notice more complimentary snacks and beverages in the days ahead.

**YOUR SOLUTION** Don't take the bait. Break up your shopping into shorter trips so you're less tempted to sink into one of those cushy chairs or say yes to free samples. If possible, hit the store first thing in the morning, when you're rested, well fed and vigilant. Bonus: You'll encounter fewer crowds.





# PICK A PERFECT PASSWORD

USE THIS SIMPLE FORMULA  
TO COME UP WITH HACKER-RESISTANT CODES  
YOU'LL ACTUALLY REMEMBER

*By Cari Wira Dineen*



There you are, snuggled up on the couch with your family, ready to stream that blockbuster movie. But, wait, what's your Amazon Prime password again? Is it your dog's birthday? The initials of your kids' first names? Your great-grandmother's address? Trying to keep track of all your passwords can make you throw up your hands in frustration (58 percent of adults have five or more online passwords, according to a recent poll). Picking one simple password for all your accounts is definitely not the solution, because one data breach could put all those accounts at risk. Still, there's no way we're giving up online bill paying, e-tailer rebates or Netflix bingeing. Check out these three easy steps to creating passwords you won't forget and hackers won't discover.



# 1

STEP

## CREATE A SAFE PASSWORD

It's tempting to pick something that's easy to remember. In fact, the three most common passwords in the United States are "123456," "password" (duh!) and "12345." But hackers use programs that try dictionary words and numbers (and alphanumeric combinations) with lightning speed, so using common names and phrases makes your account more vulnerable. Instead, try this technique:

- Take a favorite word or phrase and spell it in upper- and lower-case letters, numbers and symbols: *apple* could be @pp1E, for example.
- Take the current year (or any other number that works for you—like your birth date or house number) and tack it at the end: @pp1E2015. Each year, change the password; next year, for example, that would be @pp1E2016.
- For each account, attach a code that reminds you of the related site. Your password for Facebook, for example, might be @pp1E2015fb. It's important to have a different password for each site so that if one is compromised, you don't have to worry about every site that shares the same log-on information.

# 2

STEP

## GET A MEMORY BOOST

Making up passwords is the fun part; keeping track of them can be a pain. Let a password-manager program do it for you.

- In the cloud: Most password managers store your data online—which lets you easily sync your info across different devices. LastPass (\$12 per year for a premium subscription, which allows you to access your passwords on all your mobile devices as well as your computer) imports your passwords, deletes them from your browser and turns off the browser's password management. (You might have heard that LastPass was hacked this year; no passwords were compromised, however, and experts say the service should be safe.) McAfee LiveSafe (\$90 per year) accomplishes most of what LastPass does, plus it includes antivirus software and can help you track down your phone or tablet if you lose it.
- On your hard drive: If you don't trust the cloud, consider storing your data on your computer using secure software such as Dashlane (dashlane.com), which is available for Android, iOS, Mac and Windows and is free if used on only one device.
- On paper: It's fine if you want to go old-school and write all your passwords on a notepad. Just be sure to somehow encode the information so that it can't be read by prying eyes (and, of course, you'll have to remember how to break the code!). Keep that pad in a locked, secure place—and be as careful with it as you would be with your wedding ring.

# 3

STEP

## STAY SAFE WHILE SURFING

The combination of easier Internet access and faster connection speeds lets us tour the virtual world with abandon these days. Don't throw caution to the wind, however.

- Be wary of free Wi-Fi. Your passwords are most vulnerable when you log on to Wi-Fi in a public place, like a café or an airport, because such networks are easily hacked. Save your online shopping and banking for when you're at home, or consider using virtual private network (VPN) software, designed to ensure that what you do online is secure. There's a free version of Hotspot Shield VPN, available for Android, iOS, Mac and Windows.
- Clear your passwords. Set your Web browsers to clear all cookies and passwords when you exit, and shut down the browsers at least once per day. Search for "clear cookies" and the name of your browser for how-to instructions.
- Think before you click. Don't click that REMEMBER MY PASSWORD button—if you've followed the steps on this page, you should remember it just fine on your own.



### YOU SAID IT

*"I have tons of silly nicknames for my two dogs. Every time I change my passwords, I just combine two of their nicknames."*

—Christina Page, 40, Chula Vista, Calif.



### YOU SAID IT

*"I often use the punch line or catchphrase of an inside joke for my passwords."*

—Davida Hogan, 39, Summit, N.J.



# Coffee-Break *Fun*

Sip a cup of joe and enjoy these brainteasers

## Sudoku

Complete the grid by placing a number in each box. Your goal is to make each row, column and small nine-box square contain the numbers one through nine exactly once.

		8		3	6		7	
3					5	9		
	1		7			3		
6					4	8		
	9			7			6	
		7	8					4
		3			8		5	
		9	6					3
	6		3	2		4		

**Futoshiki** Each column and row must contain the numbers one through five. The values of adjacent boxes must obey the given greater-than (>) and less-than (<) signs.

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	>	<input type="text"/>
	$\vee$		$\wedge$		$\vee$
<input type="text"/>	>	<input type="text"/>	5	>	<input type="text"/>
$\wedge$	$\wedge$				
<input type="text"/>	>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
$\vee$					
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
		$\wedge$		$\vee$	
<input type="text"/>	<input type="text"/>	<input type="text"/>	>	<input type="text"/>	<

## Crossword

## ACROSS

1. Rug type
5. Chemist's room
8. Ardently fond
12. Kitten sound
13. Have bills
14. Figure-skating feat
15. Away, on the *Bounty*
16. Maiden
17. "I \_\_\_\_ Pretty"
18. By comparison with
19. Blunt
21. Remove earth from
23. Cut
26. Impede
29. Get there
31. Flawless
32. \_\_\_\_ to (mention)
33. Forest clearings
35. Arid place

36. Female pronoun
37. Write down
39. Disrobe
40. Reduce to a pulp
44. Boat
47. Word with *music* or *session*
48. Hee-haw
49. Distinctive air
50. Crude copper
51. Mispronounce
52. Social equal
53. Clash
54. Relieve
7. White whale
8. Fisherman's hook
9. Hatchet
10. Gosh!
11. Whole
20. Polecat
22. Give in
23. Existence
24. Above
25. Frisky
26. Lofty
27. Unemployed
28. Close to
30. Look like
34. Grief
35. Rakish

**DOWN**

1. Petty argument
2. Silence
3. Space
4. Pop's pop
5. Lumberjack
6. Emmy or Obie

7. White whale
8. Fisherman's hook
9. Hatchet
10. Gosh!
11. Whole
20. Polecat
22. Give in
23. Existence
24. Above
25. Frisky
26. Lofty
27. Unemployed
28. Close to
30. Look like
34. Grief
35. Rakish
38. Jeweled crown
39. Boxers do it
41. Diva's tune
42. Impudence
43. Hoopla
44. Tree fluid
45. Tint
46. Bad temper

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18					19			20				
			21	22						23	24	25
26	27	28					29		30			
31								32				
33					34		35					
36					37		38					
			39						40	41	42	43
44	45	46			47				48			
49					50				51			
52					53				54			

**\* Solutions on page 103**



# Picture Puzzle

**TURKEY TIME** These wild birds are looking for a good place to hide, just like the 12 changes already hidden in the images below. Can you spot them all before the feathers fly?



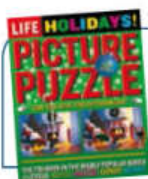
1 | 2 | 3 | 4 | 5

## U.S. Postal Service 2015 Statement of Ownership, Management and Circulation

1. Publication Title: Au You
2. Publication Number: 23593
3. Filing date: October 1, 2015
4. Issue Frequency: Monthly
5. Number of Issues Published Annually: 12
6. Annual Subscription Price: \$26.88
7. Complete Mailing Address of Known Office of Publication: 225 Liberty St., New York, NY 10281
8. Complete Mailing Address of Headquarters or General Business Office of Publisher: 225 Liberty St., New York, NY 10281
9. Full Name and Complete Mailing Address of the Publisher, Editor, Managing Editor:  
Publisher: Greg Schumann, 4100 Old Montgomery Hwy., Homewood, AL 35209  
Editor: Clare McHugh, 225 Liberty St., New York, NY 10281  
Managing Editor: George Kimmerling, 225 Liberty St., New York, NY 10281
10. Owner: The owner is Time Inc. Lifestyle Group, 4100 Old Montgomery Hwy., Homewood, AL 35209, which is a direct wholly owned subsidiary of Southern Progress Corp., 4100 Old Montgomery Hwy., Homewood, AL 35209, an indirect wholly owned subsidiary of Time Inc., 225 Liberty St., New York, NY 10281.
11. Known Bondholders, Mortgages and Other Security Holders Owning or Holding 1 percent or more of Total amount of Bonds, Mortgages or Securities: To the best knowledge of Time Inc., the names and addresses of stockholders beneficially owning 1 percent or more of the common stock of Time Inc. as of June 30, 2014 (according to 13F filings with the U.S. Securities and Exchange Commission) are as follows:  
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Northern Trust Investment Inc., 50 S. LaSalle St., 4th Floor, Chicago, IL 60603  
Allianz Global Investors U.S. LLC, 600 W. Broadway, 29th Floor, San Diego, CA 92101

12. Not Applicable
13. Publication Title: Au You
14. Issue Date for Circulation Data Below: September 1, 2015
15. Extent and Nature of Circulation:  
Average No. Copies Each Issue During Preceding 12 Months  
a. Total number of copies: 2,378,442  
b. Paid circulation  
1. Mailed Outside-County Paid Subscriptions Stated on PS Form 3541: 1,072,067  
2. Mailed In-County Paid Subscriptions Stated on PS Form 3541: 0  
3. Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales and Other Paid Distribution Outside USPS: 335,685  
4. Paid Distribution by Other Classes of Mail Through the USPS: 0  
c. Total Paid Distribution: 1,407,752  
d. Free or Nominal Rate Distribution:  
1. Free or Nominal Rate Outside-County Copies Included on PS Form 3541: 199,513  
2. Free or Nominal Rate In-County Copies included on PS Form 3541: 0  
3. Free or Nominal Rate Copies Mailed at Other Classes Through the USPS: 0  
4. Free or Nominal Rate Distribution Outside the Mail: 3,889  
e. Total Free or Nominal Rate Distribution: 203,402  
f. Total Distribution: 1,611,164  
g. Copies Not Distributed: 767,278  
h. Total: 2,378,442  
i. Percent Paid: 87.4%  
Number of Copies of Single Issue Published Nearest to Filing Date  
a. Total number of copies: 2,260,352  
b. Paid circulation  
1. Mailed Outside-County Paid Subscriptions Stated on PS Form 3541: 1,012,681  
2. Mailed In-County Paid Subscriptions Stated on PS Form 3541: 0  
3. Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS: 354,520  
4. Paid Distribution by Other Classes of Mail Through the USPS: 0  
c. Total Paid Distribution: 1,367,181  
d. Free or Nominal Rate Distribution:  
1. Free or Nominal Rate Outside-County Copies Included on PS Form 3541: 244,435  
2. Free or Nominal Rate In-County Copies included on PS Form 3541: 0  
3. Free or Nominal Rate Copies Mailed at Other Classes Through the USPS: 0  
4. Free or Nominal Rate Distribution Outside the Mail: 3,731  
e. Total Free or Nominal Rate Distribution: 248,166  
f. Total Distribution: 1,615,347  
g. Copies Not Distributed: 645,005  
h. Total: 2,260,352  
i. Percent Paid: 84.6%
16. Publication of Statement of Ownership will be printed in the November 2015 issue of this publication.
17. Signature and date: Greg Schumann, Group Publisher, 9/8/15  
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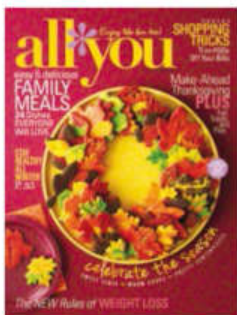


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20 Third Prizes .....	<b>\$25 EACH</b>	

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TOM CORBETT, STYLING: KAREN SHAPIRO, MAKEUP: ELISA FLOWERS FOR LANCÔME/BA REPS, HAIR: NOAH HATTAN FOR REDKEN AND CUTLER/JUDY CASEY



# GREAT PRIZES

This month, **allyou** wants to help you get cooking (and baking)

ENTER AT  
**ALLYOU.COM**  
FOR A CHANCE  
TO WIN!

## 10

READERS WILL WIN  
**a Hamilton Beach  
slow cooker and  
a cookbook**

Step away from the stove and let a slow cooker help you make delicious meals for your family. Need inspiration? Turn to the pages of the *Fix-It and Forget-It Slow Cooker Magic* cookbook for a wide range of recipes including dessert options.



**\$98  
VALUE**

## 10

READERS WILL WIN  
**a KitchenIQ prize package**

Scrub, grate, zest, peel, slice, dice and chop fruits and vegetables effortlessly with the help of this set: a zester, graters for ginger and potatoes, a container grater and a mini prep tool.



**\$105  
VALUE**

## 20

READERS WILL WIN  
**a Perfect Bake system**

Cast aside those clunky measuring cups and spoons. Connect the Perfect Bake digital scale to a free app on your Android or iOS smart device. Then, as you pour ingredients into a bowl, the virtual bowl on your device fills up in real time and the app tells you when you've reached the amount you need. The system also automatically rescales recipes and adjusts ingredient amounts. You're sure to be baking like a master in no time.



**\$50  
VALUE**

### NO PURCHASE NECESSARY TO ENTER OR WIN

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### "Coffee-Break Fun," p. 100

#### SUDOKU

9	4	8	1	3	6	2	7	5
3	7	6	2	4	5	9	1	8
2	1	5	7	8	9	3	4	6
6	5	2	9	1	4	8	3	7
8	9	4	5	7	3	1	6	2
1	3	7	8	6	2	5	9	4
7	2	3	4	9	8	6	5	1
4	8	9	6	5	1	7	2	3
5	6	1	3	2	7	4	8	9

#### FUTOSHIKI

5	4	1	3	>	2
	v		^		v
3	>	2	5		4
	^		^		
4	>	3	2		1
	v				5
2		1	3		5
	^		^		v
1	5	4	>	2	<
					3

#### CROSSWORD

SHAG	LAB	GAGA			
PURR	OWE	AXEL			
ASEA	GAL	FEEL			
THAN	GRUFF				
	DREDGE	LOP			
HINDER	ARRIVE				
IDEAL	REFER				
GLADES	DESERT				
HER	NOTATE				
	STRIP	MASH			
SHIP	RAP	BRAY			
AURA	ORE	LISP			
PEER	WAR	EASE			

#### PICTURE PUZZLE, p. 101

Nos. 1 (A1 to B1) and 2 (C1): The tail feathers are as good as new on top, but there's a gap at the bottom. No. 3 (A5): A spiky leaf is out of the picture. No. 4 (B2): The blue ring around the turkey's eye has turned red. No. 5 (B3 to C3): There's more foliage now. Nos. 6 and 7 (B4): Someone must have told one hen to duck and its friend to turn the other cheek. No. 8 (D3): The spiky leaf in the log is gone. No. 9 (D3): The log is being a little knotty. No. 10 (D5): The hen's tail has changed appearance. No. 11 (E2): There might be one fewer drumstick at Thanksgiving dinner. No. 12 (E4): Who wants a side of cranberries with their turkey?



# A Grateful Step Back

“Your son would benefit from a wheelchair.”

The recommendation—from Daniel’s physical therapist—stung. Up to that point, we’d done everything we could to keep Daniel out of a wheelchair; at least that’s how I saw it. Complications from prematurity had left Daniel with a mild case of cerebral palsy, a foot deformity and scoliosis. At the time—after two major surgeries and countless treatments and therapies—Daniel was a lanky, adorable third-grader with a lumbering gait, braces on both feet and a rigid brace over his torso. (His twin brother had no physical setbacks.)

My husband, Patrick, and I struggled over what to do. If we got Daniel a wheelchair, would he think we were suggesting he should give up? Or that *we’d* given up on *him*? The physical therapist persisted, and was joined by Daniel’s orthopedist and physiatrist: Because of musculature issues, the everyday wear and tear on Daniel’s hips and knees would take a toll. The irony was that if we didn’t get a wheelchair to offer Daniel a break, he might find himself unable to walk down the road.

So we ordered one—a sleek, sporty, titanium model. To my surprise, Daniel was delighted when it arrived. He asked to take it that very night to his archery class at

Lakeshore Foundation, an athletic facility (and Paralympics training site) for folks with physical disabilities. When he rolled up to class, where all the other children were in wheelchairs, one chirped, “Hey, you’re one of us now!” Daniel must have recounted this story five times that night. He was overjoyed at the sense of belonging—one that he’d never before experienced.

Of course, Daniel has the luxury of choosing to use the chair when he wants: at the mall, the zoo, amusement parks. He can get out to walk, skip-run or meander as he pleases. Now he takes the chair to school every day—his request. Instead of watching on the sidelines at recess, he participates in races and games of tag. I never would have imagined that the chair would afford him more opportunities to fit in and engage. I’d spent years projecting my own fears onto a child whose sense of self is so much stronger than I’d realized.

The office workers at school...you know what they call him now? Speedy. That’s right; that’s my kid.



**THE AUTHOR**  
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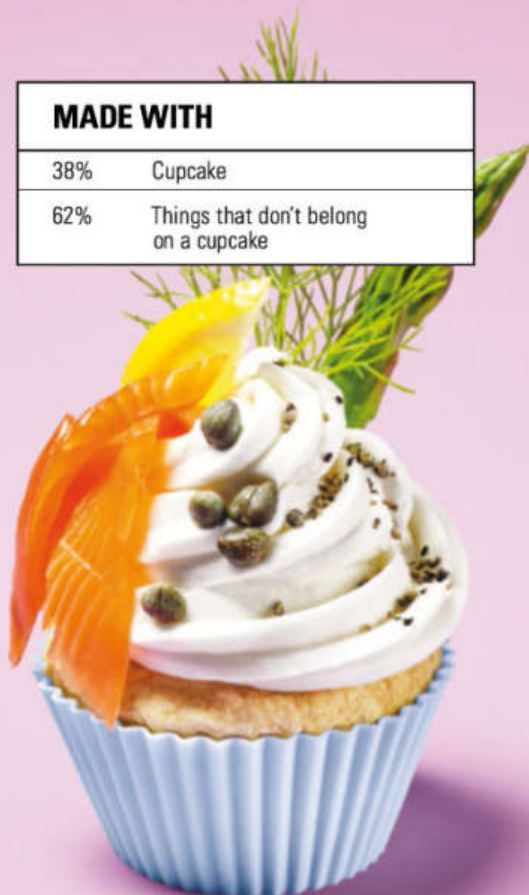


JUN CHEN (ILLUSTRATION)





MADE WITH	
38%	Cupcake
62%	Things that don't belong on a cupcake



MADE WITH	
100%	Turkey Breast



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Your sandwich doesn't have to be.  
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